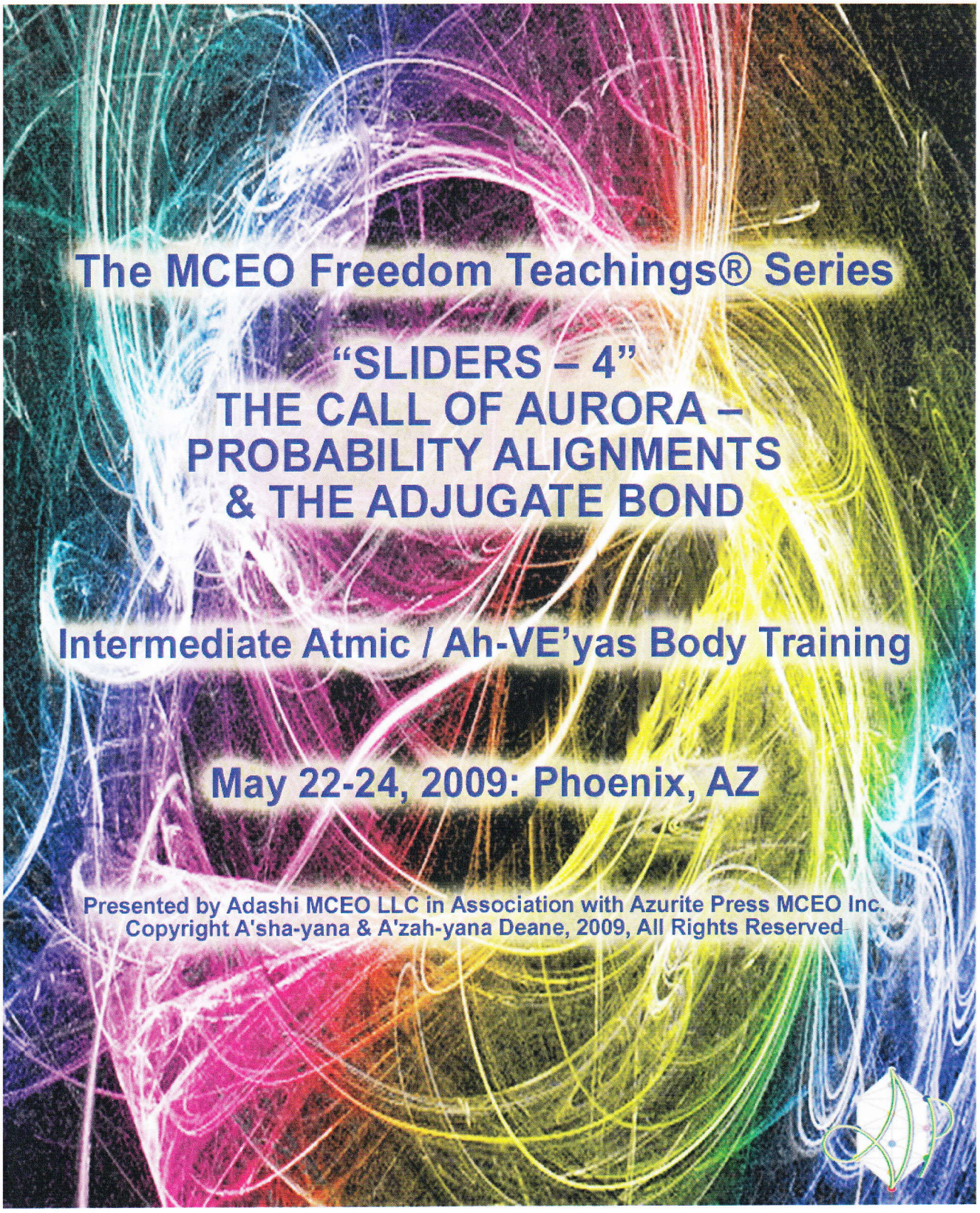

The MCEO Freedom Teachings® Series
"SLIDERS – 4"
THE CALL OF AURORA –
PROBABILITY ALIGNMENTS
& THE ADJUGATE BOND
Intermediate Atmic / Ah-VE'yas Body Training
May 22-24, 2009: Phoenix, AZ
Presented by Adashi MCEO LLC in Association with Azurite Press MCEO Inc.
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NOTICE OF CLAIMS, CONSENT and COMMITMENT

Pertaining to MCEO Teachings, Techniques and Technologies

Contents

- Theoretical Perspectives
- MCEO Meditations for Spiritual Exploration, Medical and Psychiatric Considerations
- Claim of Authenticity
- Terms, Conditions, Agreements and Implied Consent
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Theoretical Perspectives

MCEO teachings presently exist on Earth as a growing body of detailed information pertaining to the spirituality and science of creation and the history and evolution of humanity. MCEO teachings offer unique perspectives, techniques and technologies of mind and spirit that have proven useful to many people in the exploration and expansion of personal consciousness. Information contained within MCEO teachings represents a cohesive paradigm of ideas, beliefs and perspectives reportedly translated from ancient texts, which together comprise an affirmative and inspirational "point of view" or "world view" regarding the tangible realities of spirituality, the mechanics of creation, the history of our universe and the potentialities of the human condition. Like many popular "New Age" and "Traditional" paradigms of spiritual, scientific and historical beliefs, many points of view presented within MCEO teachings extend beyond the framework of presently recognized spiritual/religious, scientific and historical "fact" that can be verified through common contemporary scientific procedures. *Thus, like many other popular belief paradigms, including ALL known "New Age" and "Traditional" spiritual/religious doctrines and many fields of contemporary scientific study, the perspectives presented within the MCEO teachings must, too, be presently categorized as theoretical in nature.*

The *verifiable actuality,* and thus the potential validity, of the presently theoretical spiritual, scientific and historical perspectives of MCEO teachings pertaining to the "**Ancient Science of the Shields**" (scalar-standing-wave templates of matter and consciousness), "**Merkaba Mechanics**" (interdimensional electromagnetic vortex mechanics), "**DNA Template Activations**" (frequency accretion within the scalar template behind manifest chemical DNA), "**Interdimensional Structure**", "**15-Dimensional Anatomy**", "**Bio-Spiritual Healing**" (support of biological healing and well being through holistic spiritual practice) and **Humanity's Evolutionary Journey**, perspectives which are featured within the **MCEO Kathara Bio-Spiritual Healing Program**, **MCEO Maharata "Dance For" Programs** and related published works of the MCEO, cannot at this time be "proved or disproved". Therefore, the MCEO Paradigm and its related teachings, techniques and technologies are offered to the public as a unique and inspirational view point, solely for the purpose of public investigation, consideration and theoretical exploration.

Though the presently theoretical categorization of MCEO teachings within the public sector is recognized, it should also be recognized that members of the Azurite Press, Trustees and the AP Regents Council, as well as authorized MCEO translators/authors and teachers and many individuals within the international community, have personally chosen to accept the validity of MCEO teachings as representing more than a theoretical perspective, instead acknowledging the MCEO Paradigm as a factual reality interpretation, and practical worldview, through which progressive expansion of personal consciousness and coherent spiritual awakening are fostered. Such decision as to the factual or theoretical categorization of the MCEO Paradigm, and the responsibilities inherent to this decision, are deeply private spiritual issues, and thus must be assigned to the faculties of personal discretion.

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MCEO Meditations for Spiritual Exploration, Medical and Psychiatric Considerations

As the MCEO Paradigm is built upon presently theoretical spiritual, scientific and historical perspectives, any and all techniques and technologies offered through the MCEO Paradigm must also be considered as presently theoretical in nature, and thus any and all techniques and technologies presented within MCEO teachings are ***not intended to diagnose, treat or cure any disease or illness, nor are they intended as substitution for professional medical or psychiatric advisory or treatment.*** Techniques and technologies provided within MCEO teachings are offered to the public solely as ***"Meditations for Spiritual Exploration"***, with the intention of assisting to serve the further evolution of human consciousness through providing exposure to an expanded range of perspectives and potentialities. **It is strongly recommended that individuals having a history of medical or psychiatric difficulties, or whom are presently under the care of medical or psychiatric professionals, seek professional advisory before using any *MCEO Meditations for Spiritual Exploration* techniques or technologies.**

Since introduction of *MCEO Meditations for Spiritual Exploration* techniques and technologies in 1999 **many people have claimed to receive beneficial affects and effects in the development and expansion of personal consciousness and spiritual awakening** through use of MCEO techniques and technologies. There have also been a **lesser number of reports of individuals claiming to receive no affect, effect or benefit at all**, but there have been ***no reports* of individuals claiming adverse medical, psychiatric or psychological affects or effects** in conjunction with use of MCEO techniques and technologies. As a reflection of commitment to responsibility in presentation, MCEO techniques and technologies are not presented for exploration in the public domain until they are first and/or simultaneously explored, utilized or practiced by authorized MCEO translators/authors/ teachers and members of the Azurite Press Board of Directors. Though validation of factual actuality pertaining to affects, effects or benefits of practicing MCEO Meditations for Spiritual Exploration techniques and technologies must, like the techniques and technologies themselves, for the present time remain within the realm of theoretical exploration, it can be reported that since 1999, findings pertaining to the practicality of utilizing MCEO techniques and technologies have consistently revealed that affects and effects of such practices are **quite individualized, though predominantly positive**, in nature. Therefore, however, **no claims, promises or guarantees as to the affects, effects or benefits an individual might expect to encounter through use of MCEO techniques and technologies can be offered at this time.** Utilization of MCEO Meditations for Spiritual Exploration techniques and technologies presently remains within the category of **experimental self-exploration**, through which absolute conclusions regarding generalities of mass affect, effect, benefit or detriment cannot yet be drawn. **An individual's involvement with MCEO teachings, techniques and technologies represents a choice of *personal decision and discretion*, and thus *responsibility pertaining to affect and effect of practice* that are inherent to this choice must also remain with the *individual.***

Claim of Authenticity

In offering MCEO teachings for public exploration, **neither the translators/authors, publishers, promoters or related individuals and organizations make any claims whatsoever as to the factuality of ideas or perspectives contained within the MCEO Paradigm**. Though the *MCEO teaching texts themselves* do on occasion claim that certain ideas and perspectives are of a factual nature, such claims represent points of view intrinsically contained within the ancient texts from which contemporary translations are drawn. The authorized translators/authors of contemporary MCEO teaching texts hold a binding commitment to ensure the clearest and most accurate translation of MCEO texts as possible under current evolutionary circumstances; a *commitment to clarity and accuracy of translation* that must include the allowance of contemporary translation of any *claims of factuality as they are contained within the MCEO texts of antiquity*. **Information represented as *factual knowledge* within the MCEO texts of antiquity, and their contemporary translations, is understood to represent "*potential or possible factuality, expressed as factuality within the ancient texts, but which presently resides within the domain of theory*" within the context of contemporary publication**.

The contemporary translators/authors of MCEO teachings *claim only* that the MCEO text translations contained within presently published works bearing their authorship represent an "as-accurate-as-possible" translation of MCEO text records believed to have been created in ancient times, which the contemporary translators/authors have had opportunity to review through *authentic personal experiences*. Translators/authors thus make claims only as to the *authenticity of their personal experiences* through which review of ancient MCEO text records occurred and as to the

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factuality that translation of the reviewed ancient MCEO texts into contemporary English language has been rendered by them as clearly and accurately as possible.

As the original MCEO texts of antiquity are not presently in the direct possession of authorized contemporary translators/authors, and thus contemporary translators/authors cannot at this time publicly display these artifacts in order to validate the reality of their continued existence and verify their inherent content, those who explore contemporary MCEO texts translations must understand that such works are presented as theoretical perspectives and possibilities, the validity of which one may choose to believe, or disbelieve, upon the merit of one's personal discretion. ***If ideas, concepts or perspectives contained within the MCEO texts, their contemporary translations or related teaching materials bear any resemblance to ideas, concepts or perspectives contained within any other presently known spiritual/religious, scientific or historical paradigms or teaching systems, such resemblance is purely coincidental.*** However, the event of such coincidence arising may potentially suggest that both the MCEO Paradigm and paradigms to which it might bear resemblance **may have arisen from a common source in antiquity** that has yet to be discovered or scientifically verified, but which would upon discovery lend credence and clarity to such coincidence.

Terms, Conditions, Agreements and Implied Consent

As contemporary MCEO text translators/authors can make no claims or promises as to the factuality of ideas and perspectives presented within MCEO teachings, they likewise **cannot offer any claims, promises or guarantees as to the affects or effects that may or may not arise through personal use of MCEO teachings or Meditations for Spiritual Exploration techniques and technologies.** The responsibility for decision to engage involvement with MCEO teachings, techniques or technologies rests with each individual, and thus the responsibility for any affects or effects that may or may not occur in conjunction with use of MCEO teachings, techniques and technologies must also rest with the individual. The *Meditations for Spiritual Exploration* techniques and technologies provided within MCEO teachings represent translations from the ancient MCEO texts, and are provided to the public as an **option for personal spiritual exploration, investigation and experimentation**, *to be utilized at the* ***personal discretion*** *of the reader or workshop attendee.*

As stated in numerous public forums and workshops since 1999, *in choosing to utilize* MCEO teachings, techniques or technologies it is understood that *in so doing* the *individual accepts full responsibility for any and all conditions* that may or may not occur in conjunction with such practice. It is further recognized that the individual, *through the act of utilizing* MCEO teachings, techniques or technologies, *thereby through this act agrees* to release Azurite Press, Trustees, the AP Regents Council, authorized Kathara Bio-Spiritual Healing Program teachers and facilitators (pertaining only to *MCEO-sanctioned Kathara "no-touch" procedures*)**, authorized MCEO translators/authors, teachers, promoters and any individuals and organizations thereto related, from any and all claims of liability or damages perceived or assumed to occur in conjunction with involvement in MCEO teachings, techniques or technologies. This statement of Terms and Conditions represents a written *Notice of Implied Agreement and Consent to Liability Release* in regard to involvement with MCEO teachings, techniques and technologies. This Notice of Implied Agreement and Consent of Liability Release represents a *reiteration in specific written format* of previously provided notice as to the *necessity of taking personal responsibility for any and all consequences arising from chosen involvement with the MCEO Paradigm;* notice which has been frequently provide verbally in public forum since 1999. It is recognized that the *Implied Agreement and Consent to Terms and Conditions of Liability Release* stated here within is accepted and enacted as such *upon the act of chosen involvement* with and/or practice of MCEO teachings, techniques and technologies.** If one is uncomfortable or in disagreement with this stated *Notice of Implied Agreement and Consent to Terms and Conditions of Liability Release*, it is suggested and recommended that one choose at this time non-involvement with MCEO teachings, techniques and technologies, until a future time wherein such concerns have been assuaged.

A Commitment to Quality and the MCEO Course-book Manuals

The authorized MCEO translators/authors, members of the MCEO, Azurite Press, Trustees, Regents Council, teachers and promoters of the MCEO Paradigm extend their greatest efforts in making MCEO teachings available for public exploration in **the most responsible and respectful manner possible,** whilst striving to maintain the **highest standards of integrity in MCEO text**

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translation and teaching. Intrinsic to such responsibility in presentation, authorized MCEO translators/authors, members of Azurite Press, Trustees, Regents Council and authorized teachers and facilitators of MCEO programs are all individuals who personally believe in the factuality of the MCEO Paradigm and who actively participate, for personal spiritual reasons, in MCEO programs, including personal utilization of MCEO techniques and technologies. These individuals all share a **common commitment to achieving and maintaining integrity, quality and responsibility in public presentation of MCEO teachings;** this shared commitment arises from a commonly shared, individually held, reverence, respect, appreciation for, and belief in the validity of, the MCEO Paradigm, its inherent teachings of personal spiritual self-discovery and the limitless potentialities of human consciousness that this paradigm suggests.

On behalf of this commitment to quality, may it be understood that **MCEO Course-book Manuals**, as featured within the MCEO *Kathara Bio-spiritual Healing Program*, *MCEO Maharata "Dance For" Programs*, *MCEO Masters Templar Stewardship Initiative Program* and other MCEO teaching programs, **do not represent completed books**, but rather exist as **companion text briefings** that are created in conjunction with **specific corresponding live workshop presentations** which are preserved via **audio/ video recordings** that are made available on the *Azurite Press Products List* as specific Program Sets. The Course-book Manuals that accompany some of these audio-video workshop programs **contain only the charts, graphs and most pertinent information pertaining to their corresponding audio-video program**, and **do not contain the *many pages of dialogue and detailed explanation*** that is incorporated verbally within the audio-video program. Thus MCEO Course-book manuals are not intended to be used alone, but are rather intended for use as an **additional educational aid in conjunction with their corresponding audio-video workshop program.**

As new MCEO workshop materials are often released and translated during live workshop presentations, the corresponding Course-book Manuals and their inherent graphs and charts often reflect the immediacy of the new information provided in that they are initially rendered "**in-the-rough**", often with portions of text in hand-written form, not yet "perfected" for book publication with appropriate dialogue text detail, typesetting, computer graphics, pagination and indexing. As each new workshop since 1999 has introduced the next level of new, live MCEO data translations, there has been insufficient time to "move backward" and perfect the quality of production pertaining to MCEO Course-Book Manual texts from previous workshops. The information and new MCEO teachings contained within each workshop program always reflect the standards of integrity and quality inherent to the MCEO Paradigm, but often timely public release of new materials is achieved at the expense of quality in product production. **The Azurite Press staff apologizes for any inconvenience that such "data-in-the-rough" may cause; however, if workshop programs were withheld from Product List release until their audio/video recordings and corresponding Course-book Manuals were "perfected" in terms of product production, it would be several years before these materials were released for public review.** As new MCEO teachings are often time-sensitive in regard to the unfolding of planetary events, especially since 2000, it has been of greater priority during this time to expedite availability of the MCEO teachings contained within the products, than it has been to demonstrate the standards of excellence in quality product production that remains a goal of Azurite Press.

For the time being, MCEO audio-video-Course-book Programs are in a **state of continued evolution,** as the small staff at Azurite Press, with the assistance of numerous individuals who volunteer their time and talents, endeavor to compile dialogue transcripts and perfect typesetting, computer graphics and format organization of previous MCEO workshop presentations in effort to fulfill the goal of creating "perfected" book publications that contain, and "do justice to", the vast body of quality teachings that have been presented during the 1999-2003 MCEO workshops. The commitment to achieving excellence in quality of production, as well as quality of information, that is held by members of Azurite Press staff arises from the personal desires of staff members to "honor the spirit of the teachings" which they have found personally valuable, as well as from a desire to provide the best possible quality of product and service in spiritual respect to the public. Until the goal of achieving "perfected" product production quality is actualized, Azurite Press staff hopes that the public will share in the recognition that it is the **quality, and inherent substance, of MCEO information, more so than the "package that it comes in", which demonstrates the value of Azurite Press MCEO educational products.**

.....Azurite Press Board of Directors

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LEAP – YEAR Back-Run Regenesis Drum-Code Worksheet: *Octant Continuum, Probability & Potentiality Co-ordinate Alignments*

Note: The "Age #" is 1 behind the "Year #" (re: Year – 1 = Age 0, etc). An "**Octant**" is a 45-degree rotation, & a "**Probability**" is a 30-degree rotation. **1 PROBABILITY ROUND** (4 DN Probabilities) pertains to the Harmonic Key Codes of the 4 Density Probabilities in a **Resolute Twin Set**. Each of the 4 Density Probabilities in a Resolute Twin Set represents on **8-Year Density-Accretion Cycle**, through which the **set of 3-Dml' Frequency Bands/DNA Strands** in each of the 4 Density Probabilities come into activation. Each **8-Year Density-Accretion Cycle** (1 DN Probability) contains **8 OCTANT-YEARS** & **12 Dimensional Potentialities**. Each **Octant Year** pertains to the Harmonic Keys of **1.5 Dml' Potentialities**.

Dimensional..... Potentialities	Octant-1 PT#1 & 2(1/2) LEAP-YEARS	Octant-2 PT#2(1/2) & 3 YEARS	Octant-3 PT#4 & 5(1/2) YEARS	Octant-4 PT#5(1/2) & 6 YEARS	Octant-5 PT#7 & 8(1/2) YEARS	Octant-6 PT#8(1/2) & 9 YEARS	Octant-7 PT#10 & 11(1/2) YEARS	Octant-8 PT#11(1/2) & 12 YEARS	Density Accretion DENSITY PROBABILITY ROUNDS
Your Birth Date Here	+1 year	+1 year	+1 year	+1 year	+1 year	+1 year	+1 year	+1 year	**PROB. ROUND-1 (1-4-7-10)**
...../...../1-9.....	Y1	Y2	Y3	Y4	Y5	Y6	Y7	Y8	DN-1 Probability-1
+8 years = 1-9.....	Y9	Y10	Y11	Y12	Y13	Y14	Y15	Y16	DN-2 Probability-4
+8 years = ...	Y17	Y18	Y19	Y20	Y21	Y22	Y23	Y24	DN-3 Probability-7
+8 years = ...	Y25	Y26	Y27	Y28	Y29	Y30	Y31	Y32	DN-4 Probability-10
									PROB. ROUND-2 (2-5-8-11)
+8 years = ...	**Y33***	Y34	Y35	Y36	Y37	Y38	Y39	Y40	DN-5/AR1* or R1/DN-1 Prob-2
+8 years = ...	Y41	Y42	Y43	Y44	Y45	Y46	Y47	Y48	DN-6/AR2 or R1/DN-2 Prob-5
+8 years = ...	Y49	Y50	Y51	Y52	Y53	Y54	Y55	Y56	DN-7/AR3 or R1/DN-3 Prob-8
+8 years = ...	Y57	Y58	Y59	Y60	Y61	Y62	Y63	Y64	SOURCE or R1/DN-4 Prob-11
									PROB. ROUND-3 (3-6-9-12)
+8 years = ...	**Y65***	Y66	Y67	Y68	Y69	Y70	Y71	Y72	DN-5/AR1* or R1/DN-1 Prob-3
+8 years = ...	Y73	Y74	Y75	Y76	Y77	Y78	Y79	Y80	DN-6/AR2 or R1/DN-2 Prob-6
+8 years = ...	Y81	Y82	Y83	Y84	Y85	Y86	Y87	Y88	DN-7/AR3 or R1/DN-3 Prob-9
+8 years = ...	Y89	Y90	Y91	Y92	Y93	Y94	Y95	Y96	SOURCE or R1/DN-4 Prob-12
									PROB. ROUND-1 DROP-BACK
+8 years = ...	**Y97***	Y98	Y99	Y100	Y101	Y102	Y103	Y104	DN-4 Probability-10
+8 years = ...	Y105	Y106	Y107	Y108	Y109	Y110	Y111	Y112	DN-3 Probability-7
+8 years = ...	Y113	Y114	Y115	Y116	Y117	Y118	Y119	Y120	DN-2 Probability-4
+8 years = ...	Y121	Y122	Y123	Y124	Y125	Y126	Y127	Y128	DN-1 Probability-1

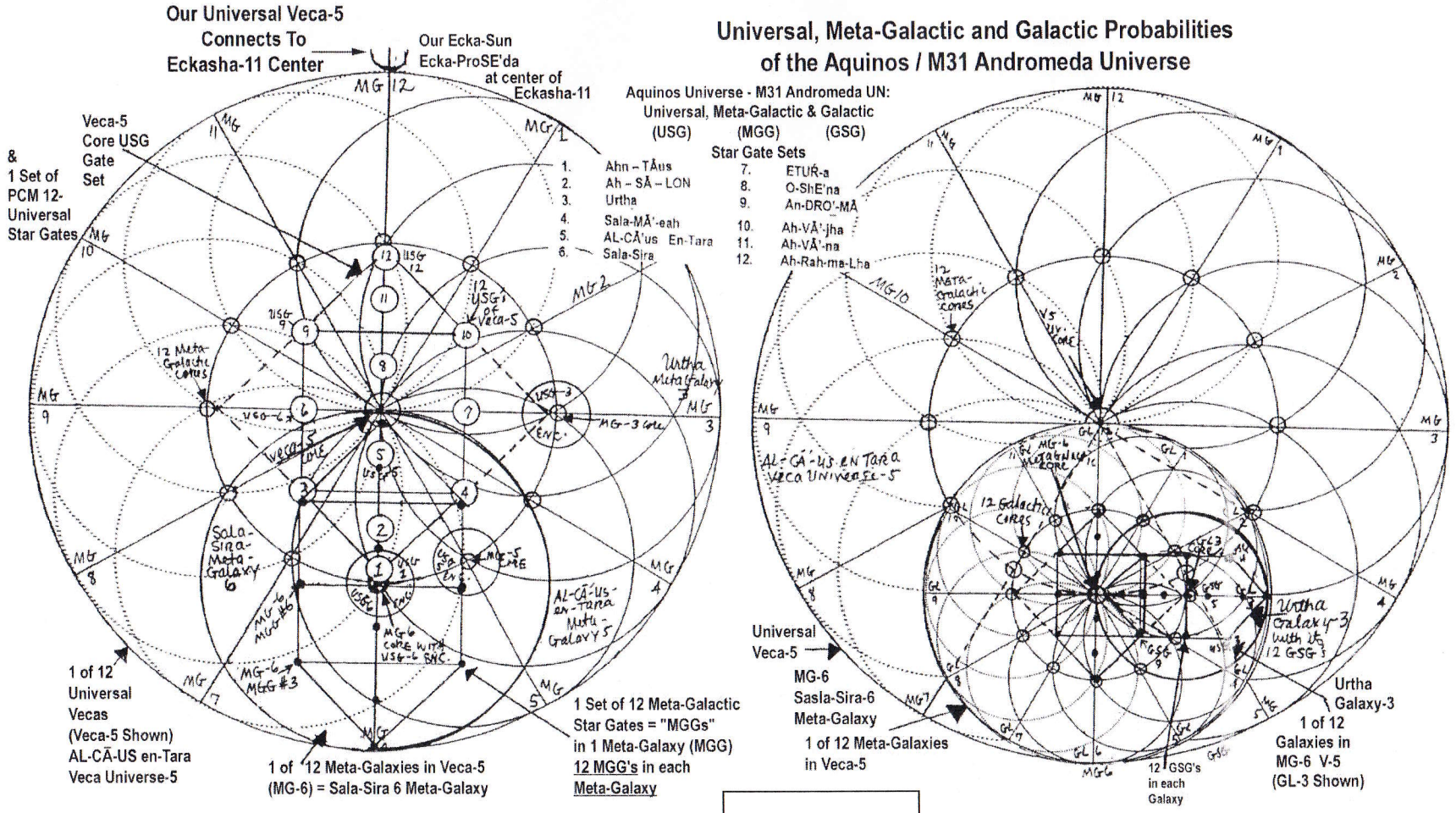
Your Personal "LEAP-YEAR Back-Run Regenesis" ***Drum-Code Sequence*** (for reclaiming organic * Prior Accretion Cycle Activations Lost"), beings with "**Y121"/Year121**, then **runs in reverse** backward through time to your **year of birth Y1/Year-1**. After entering "**1 ROUND" of the EDONIC CODE**, enter **3 Rounds of your LEAP YEAR Regenesis DATE CODE**. 1-Round of your Regenesis Code = one full pass through the date sequence from Y121 to Y1. Break-out each year into a 4-beat set (ie: 1964 = 1-9-6-4); "Zeros" in dates translate as "pauses". **THE EDONIC CODE: 5-11-12-4** (x6) **4-4-3-2** (x6) **11-5-6-10** (x6). Write your Date-Code out horizontally in the space below.

Your DATE CODE:_____

_____(x3)

" * " = Stage-1 StarFire Ascension KaLE Hara Cycle entry into the Adashi Return Cycles at the end of the 5th Leap Year. If BPR is insufficient to engage KaLE Hara Cycle, the BPR "Back-falls" to the start of the DN-1 Accretion cycle in the Round Before. " ** " "**3 Strikes & You're Out Automatically**": If "Back-Run" to "***Awaken the LEAP YEAR Endowments***" is not achieved by Y97, the Seed-Atom engages "Mana Depletion" & engages progressive "Quickening then Bhardoah Cycles". So, one has 3 chances to engage Bio-Regenesis via "LEAP YEAR Back-Run", to restore the organic potentialities of becoming "Krysted/Born Again" into the Eternal Life Accretion Cycles. If this "***Final Opportunity of Bio-Regenesis***" is missed, a being can still "Pass-Over in Transition" into Ascension & "Birth-Up" incarnationally to an ascension gene code, with appropriate Bhardoah or "Bhardoah intervention" procedures. But if the dormant human-genetic ability of "***LEAP YEAR Back-Run Regenesis***" is not utilized by **Y97*/Age96**, (***OR before the combination of the mutation & "karmic-DNA-bleed-through" drop the body's BPR to low to engage "Back-Run Regenesis***" – (***76% Sha-LA-a Light Quotient*** is needed to engage "***Back-Run Regenesis***), the biological atomic structure will be unable to engage "LEAP-YEAR Back-Run Regenesis", and ***Krystic Bhardoah*** becomes the remaining way by which Ascension can be achieved.

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1 Veca (Veca-5 Shown = M31 Aquinos / Andromeda Universe - 5 of 12)
with 12 Meta-Galaxies (Probability Dominions of UV-Veca-5)
(= 12 Sets of 12-Meta-Galactic Star Gates "MGG's" / 12 JhA-ia Suns)
and One Central Universal-Veca Core "USG" Set of V-5
o = 12 Meta-Galactic Core ProSE'da-5 Suns (Cores of each of 12 Meta-Galaxies)
Each with the Core Encryption of the Corresponding USG 1 Veca 5
The Veca-5 Core Gate Set has 12 - PCM Veca-5 USG gates
and 12 PKA Parallel Veca-2 USG gates
• = 12 Meta Galactic Gates in 1 Meta-Galaxy
O = Veca-5 Universal Core Sun ProSE'da-5 (of 12) < Core of UV Veca-5 >
Note: Each of the 12 Universal Vecas are Probability Dominions (versions) of the central Ecka-Veca Actuality Dominion of Eckasha-11.

USG's, MGG's & GSG's

The USG sets are in each of the 12 Vecas & emerge from the UV - Ecka Core.

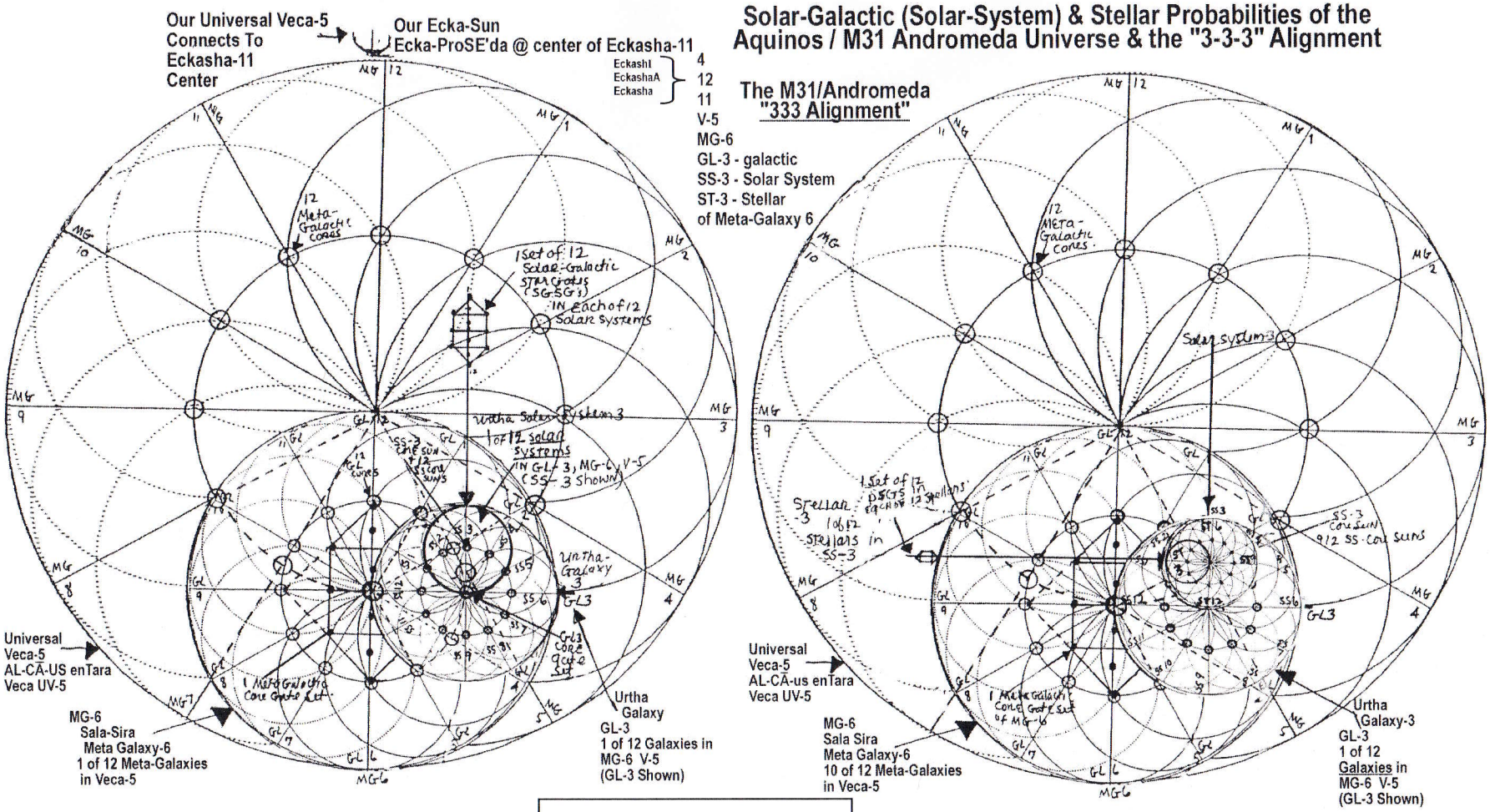
The MGG sets are in each of the 12 Meta-Galaxies & emerge from the Meta–Galactic Core

The GSG sets are in each of the 12 Galaxies & emerge from the Galactic Core.

1 Meta-Galaxy (MG-6 of V-5 Shown)
With 12 Galaxies (Probability Dominions of MG-6) "GL"
(= 12 Sets of 12 Galactic Stargates "GSG"s
and One Central Meta-Galactic Core MGG gate set of MG-6
O = 1 Meta-Galactic Core ProSE'da-5 Sun of Center our Center of MG-6
o = 12 Galactic Core ProSE'da-5 Suns (core of each of 12 Galaxies)
The Meta-Galaxy-6 Core Gate Set has 12 PCM MG-6 MGG gates
and 12 PKA Parallel MG-3 MGG gates

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Solar-Galactic (Solar-System) & Stellar Probabilities of the Aquinos / M31 Andromeda Universe & the "3-3-3" Alignment



(Urtha Galaxy-3)

1 Galaxy (GL-3 of MG 6 of V-5 shown)
with 12 Primary Solar Systems "SS" (Probability Dominions of GL-3)
(= 12 Sets of 12 Solar-Galactic Star Gates "SGSG"
and 1 Central Galactic Core Gate Set of GL-3).
O = 12 Galactic Core ProSE'da-5 Suns < at core of each of 12 Galaxies >

o = 12 Solar System Core Suns <at core of each of 12 Solar Systems>

SGSG's & PSG's

The "SGSG" Gate Sets (Solar-Galactic Star Gate) are in each of the 12 Solar Systems.

The "PSG" Gate Sets (Planetary Gates) are in each of the 12 Stellars of 1 Solar System.

Each of 12 Planetary Star Gates generates 1 Planetary Probability "Potentiality" Event Horizon = 12 EH

2 PL Event Horizons = 1 planetary space-time vector

1 Primary Solar–System (Urtha-3 Solar System SS-3 Shown)
with 12 Stellars (Stars or Planets) (Probability Dominions of SS-3) [=12 Sets of 12 Stellar Star Gates ("PSG"), 1 Solar System Core Sun "Solar Galactic" ("SGSG") set of SS-3, and 1 Central Solar System Core Gate Set of SS-3].

Aquinos / M31 Andromeda Universe

Solar –Galactic (Solar System) Star Gate Sets :SGSG:

1 Mercury	7 Saturn
2 Venus	8 Uranus
3 AshaLA	9 Neptune
4 Mars	10 Pluto
5 Maldak	11 Chiron
6 Jupiter	12 Nibiru

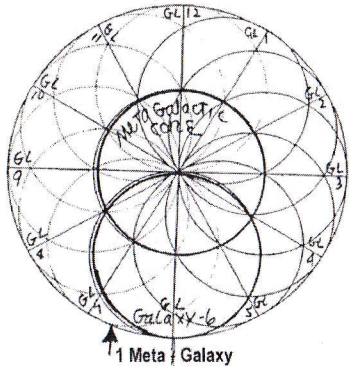
& **Stellar Star Gates**

12 PSG Locations in each of 12 Stellars in each Solar System

Aquinos/M31 Equivalent of Milky Way 12 Solar-Galactic Gates "SGSG's".

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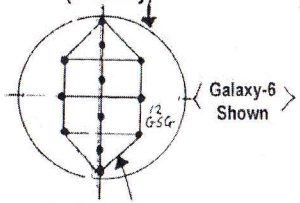
Meta-Galactic, Galactic, Solar-Galactic & Stellar Probabilities & Gate Alignments



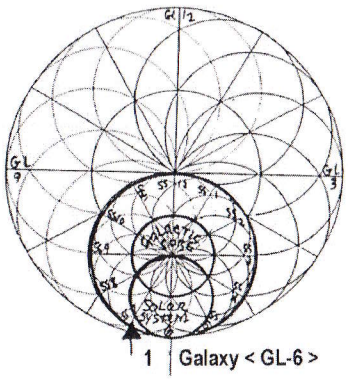
With

1 Central Meta-Galactic Core MGG Set Actuality-Dominion

and 12 Galaxies/ Probability Dominion (1 Galaxy)



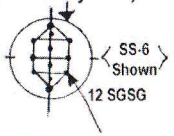
Each Galaxy Has 12 GSG (Galactic Star Gate) Gates



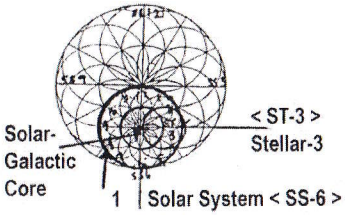
With

1 Central GAlactic Core GSG Set

and 12 Solar Systems (1 Solar System)



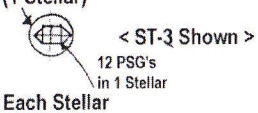
Each Solar System has 12 S-GSG's (Solar-Galactic Star Gate) Gates



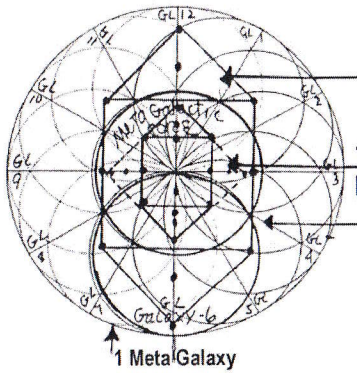
With

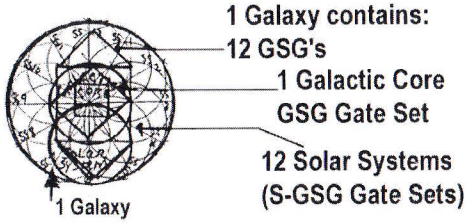
1 Central Solar-Galactic Core SGSG Set

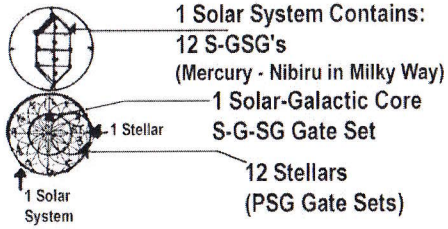
and 12 Stellars (Stars or Planets) (1 Stellar)



Each Stellar has 12 PSG's (Planetary Star Gates)



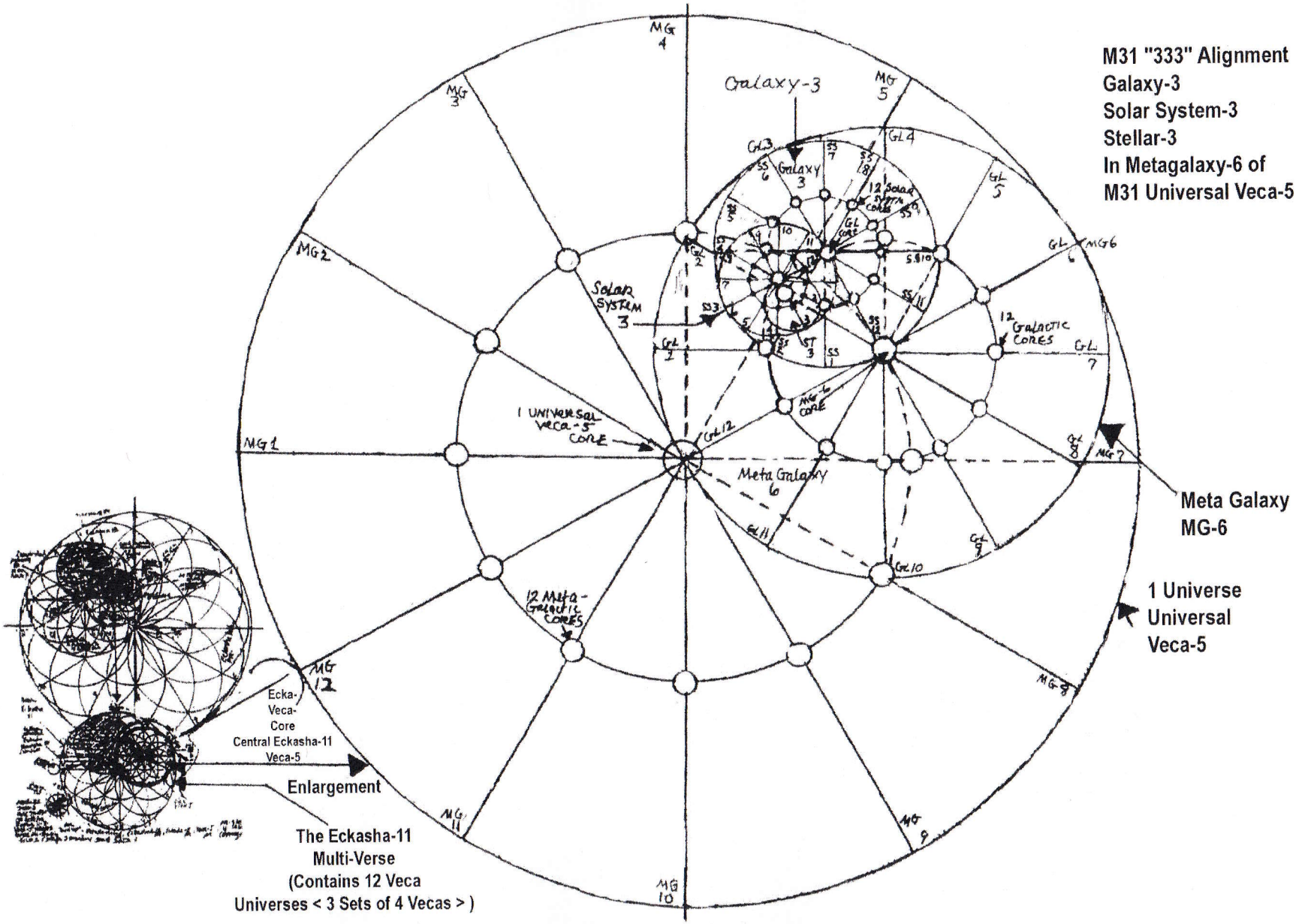




(Not Shown)
1 Universal Veca Contains:
12 Universal Veca USG's (Theta Orion to Lyra DD in Milky Way)
1 Veca Universal Core USG Gate Set
12 Meta-Galaxies
(GSG Gate Sets)

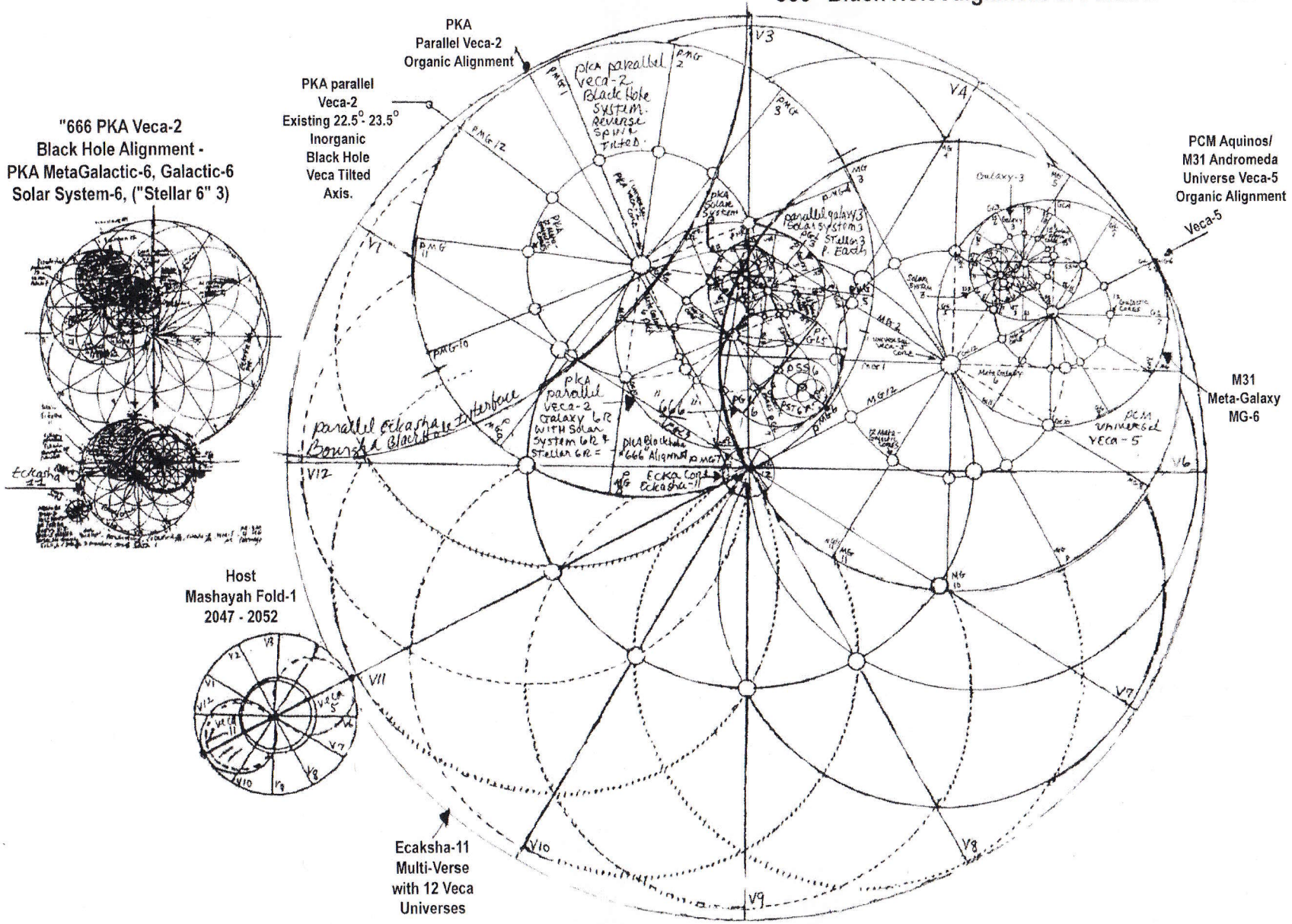
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Universal, Meta-Galactic and the "333" Galactic-Solar System-Stellar Alignments of Aquinos /M31 Andromeda Universe-5

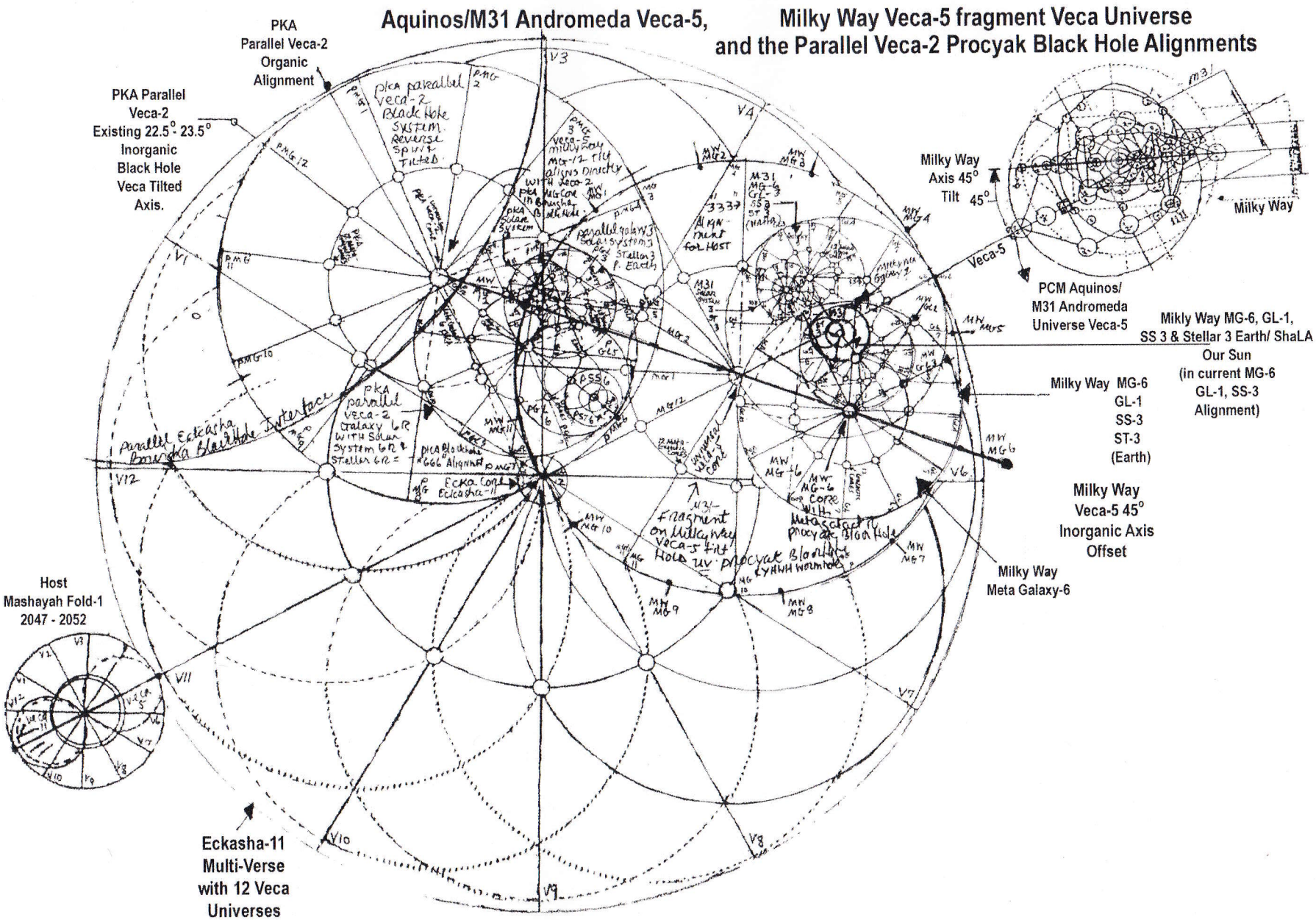


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Eckasha-11 Multiverse, Aquinos/M31 Andromdea Universe PCM Veca-5 and PKA Veca-2 Parallel Universe Galactic, Solar System, Stellar Black Hole Sets & the "666" Black Hole Alignment of Parallel PKA Veca-2 Universe

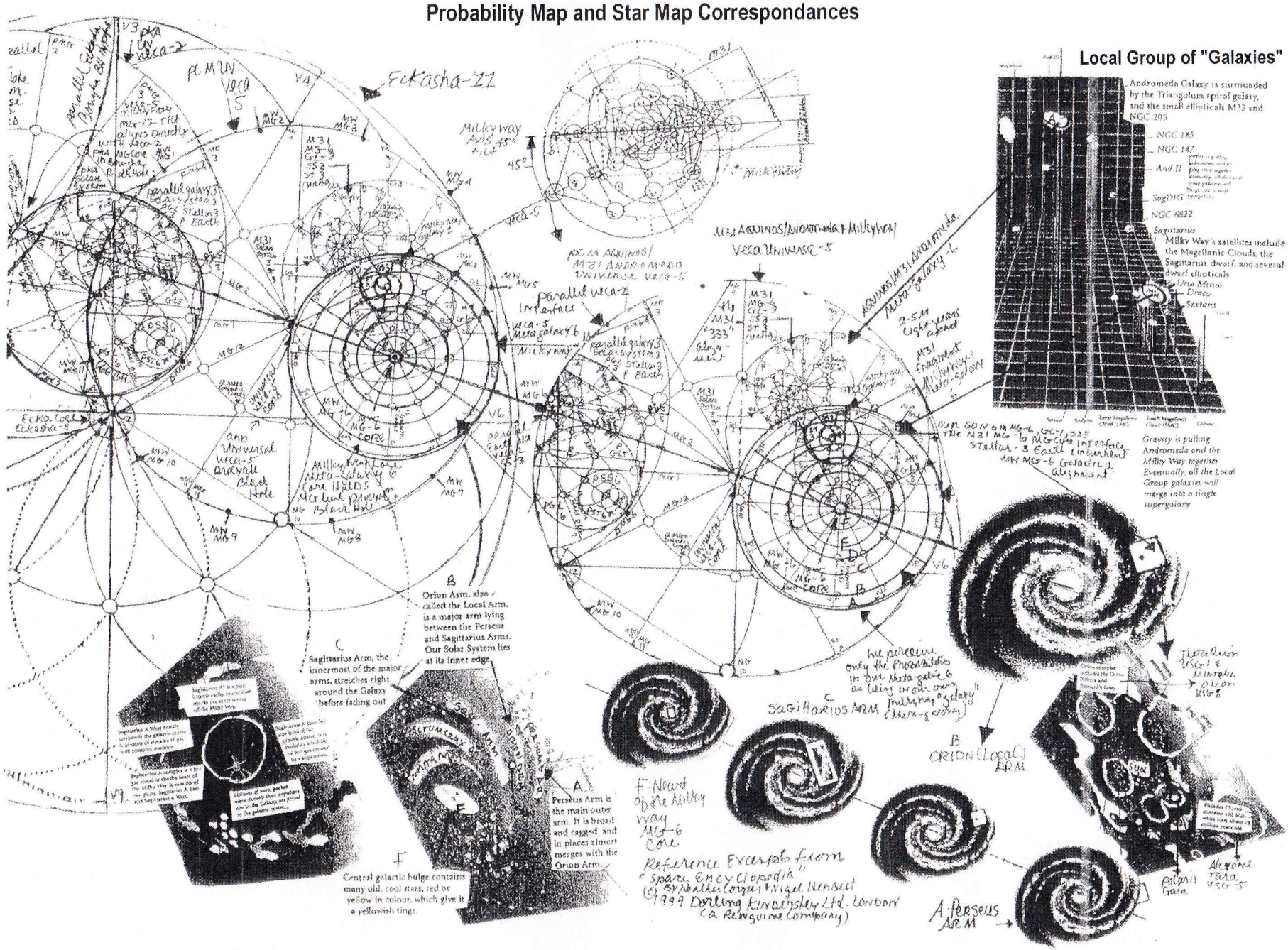


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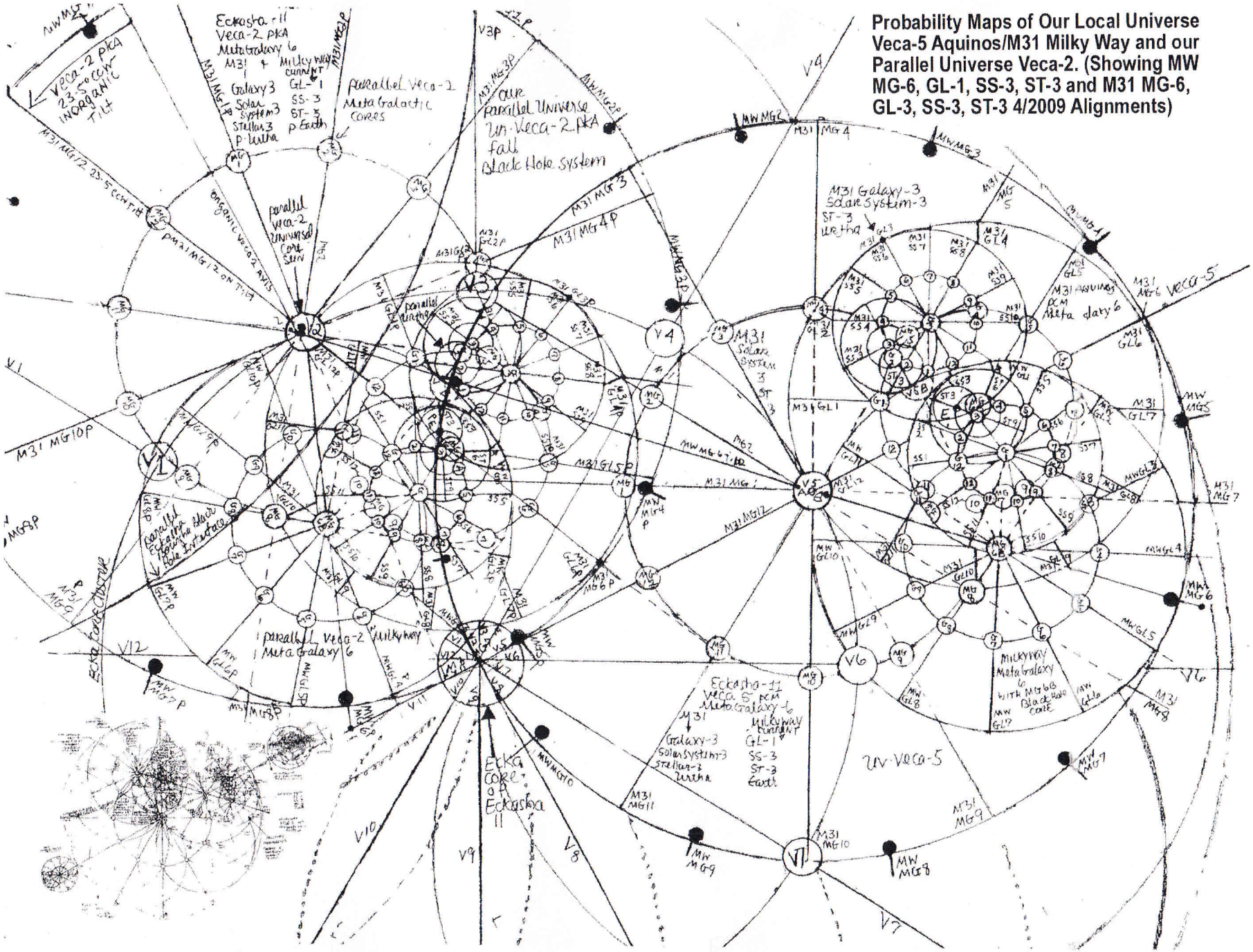


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Probability Map and Star Map Correspondances

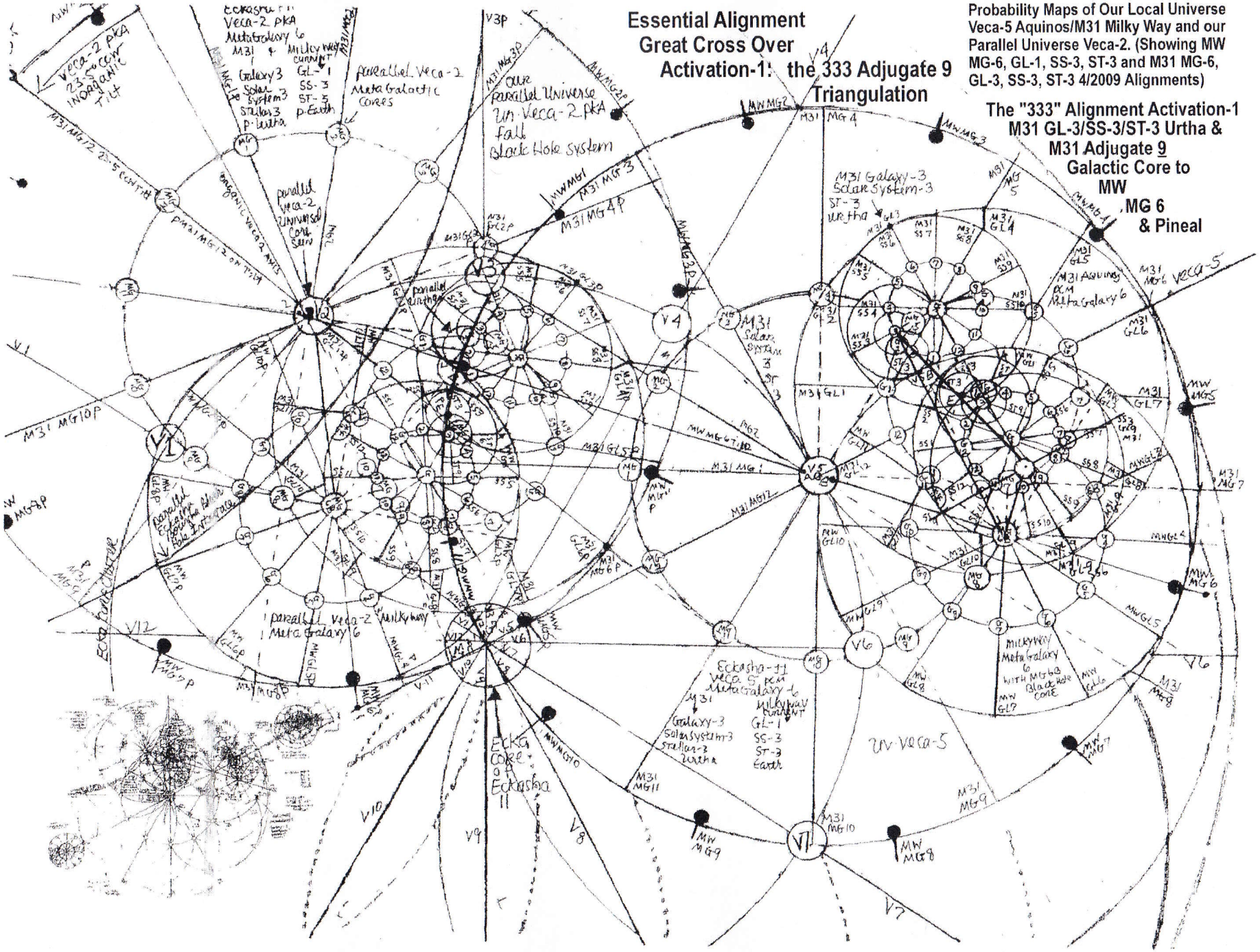


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Probability Maps of Our Local Universe Veca-5 Aquinos/M31 Milky Way and our Parallel Universe Veca-2. (Showing MW MG-6, GL-1, SS-3, ST-3 and M31 MG-6, GL-3, SS-3, ST-3 4/2009 Alignments)

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Base 'Words' of the "Sacred Sentence" Numeric Code of the Aurora Call

ENGLISH		MA-SHA-YA-NIC AURORA CODE ("Aurora call")	
0	Zero	0	aaL
1	One	1	Yon
2	Two	2	ZhĀ
3	Three	3	AER
4	Four	4	DhrĖ-a
5	Five	5	SŌ-sha
6	Six	6	Neiŕ-um
7	Seven	7	Jha-Dhá-TU
8	Eight	8	ECK-TŬR-UN
9	Nine	9	MUiŔ-ev'-TA
10	Ten	10	YED-há-VA-aaL
11	Eleven	11	Rhu-ShĒ-ma-NŬOT
12	Twelve	12	Bhra-hÁ-de-Laan
13	Thirteen	13	UN-ish'-Da-A'-sa
14	Fourteen	14	A'-shE-eN-Thwa
15	Fifteen	15	E'-Ta'La-VhUR-A'

SUFFIXES Suffixes are / can be added to any of the digits above to create other and larger numbers:

i) "en" is added for a "times two" (x2) effect (YED-há-VA-aaL-**en = 20**)
ii) "san" is added for a "times three" effect (Rhu-ShĒ-ma-NŬOT-**san = 33**)
iii) "yen" is added for a "times four" effect (Bhra-hÁ-de-Laan-**yen = 48**)
iv) "RŪ'n" is added for a "times five" effect (Neiŕ-um- **RŪ'n = 30**)
v) "Ā'f" is added for a "six times" effect (ECK-TŬR-UN - **Ā'f = 48**)

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The Sacred Sentence – "Call of Aurora" – Numeric Code

M 31 CALL:

"AER – san"

'333'

(GL-3, SS-3, ST-3)

CALLS M 31 & MG 6 M-WAY CORE:

"Neiŕ – um - en"

'66'

CALLS M 31 MG 12:

"Bhra-hÁ-de-Laan"

'12'

CALLS OUR VECA-5 & IT'S ADJUGATE VECA-11:

"SŌ-sha...

Rhu-ShĒ-ma-NÚOT"

'5 & 11'

CALLS ECKASHA 11:

"Rhu-ShĒ-ma-NŬOT"

'11'

CALLS ECKASHA-A 12:

"Bhra-hÁ-de-Laan"

'12'

CALLS OUR ECKASHA-1 4, EUKATHARISTA:

"DhrÉ-a"

'4'

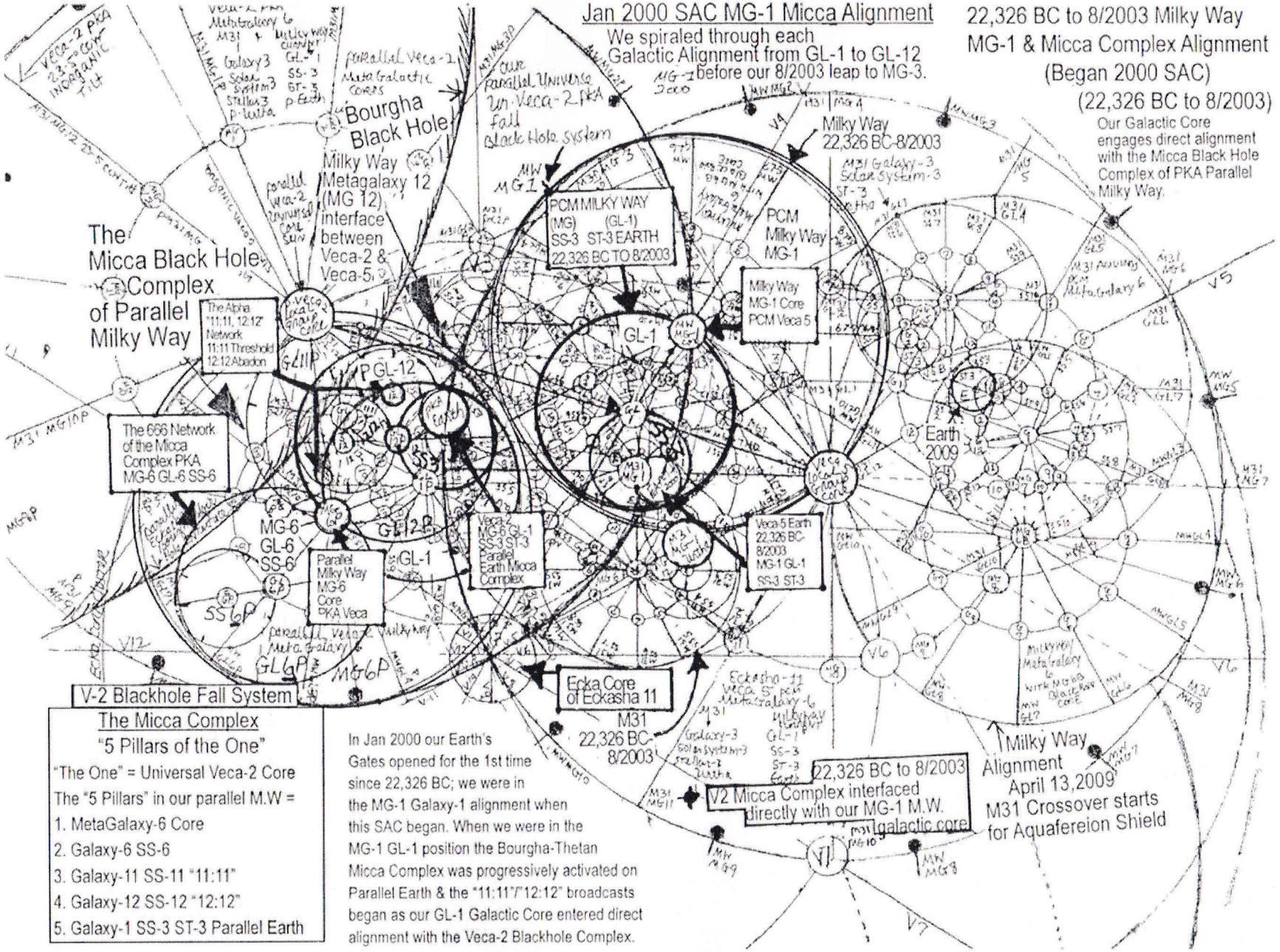
.....THEN....THE "CALL OF AQUAREION":

"YON" – "Bhra-hÁ-de-Laan" – "Jha-Dhá-TU"

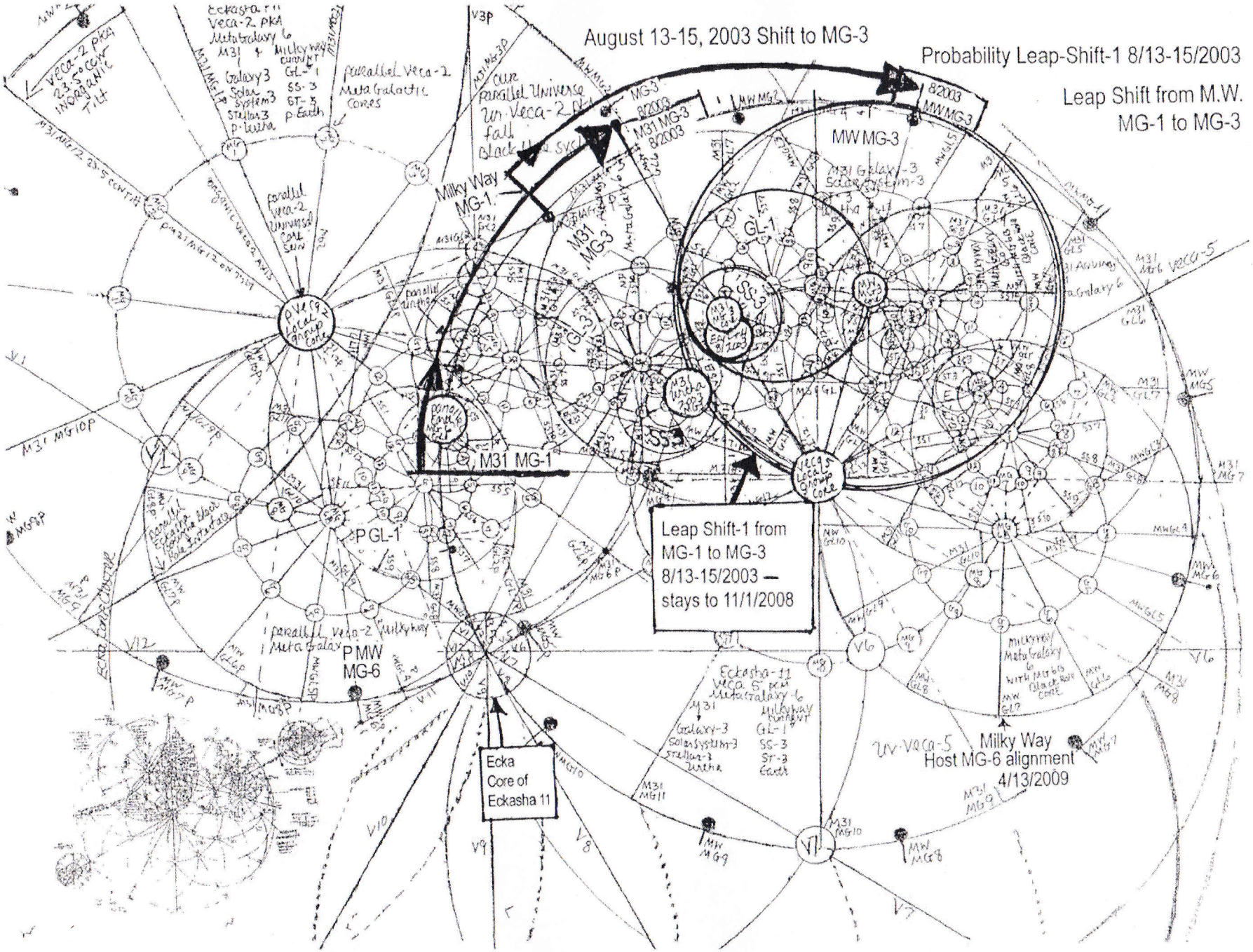
'1' '12' '7'

Numeric Translations:
"Call of Aurora" = 33 – 66 – 12 – 5/11 – 11 – 12 – 4
"Call of Aquareion" = 1 – 12 - 7

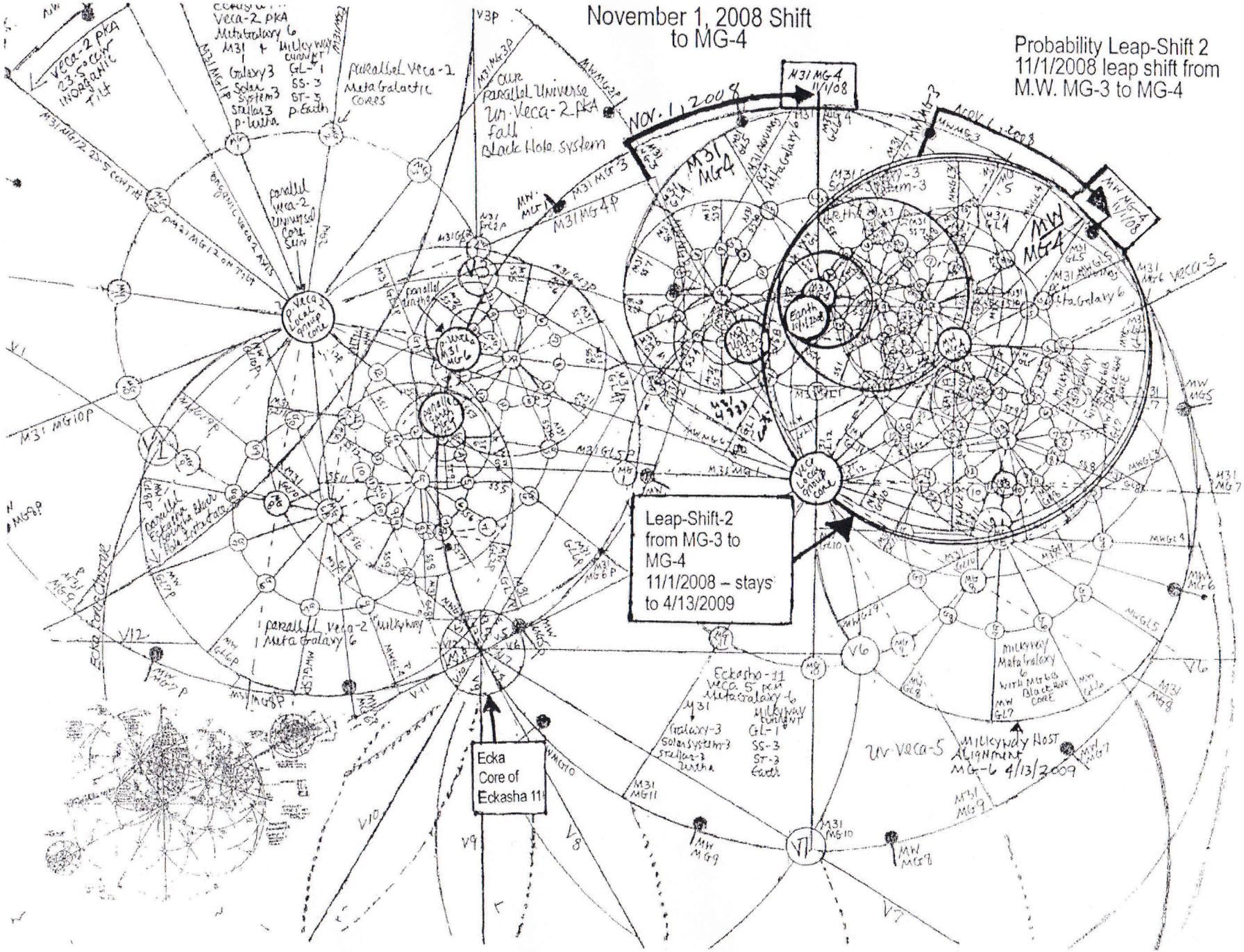
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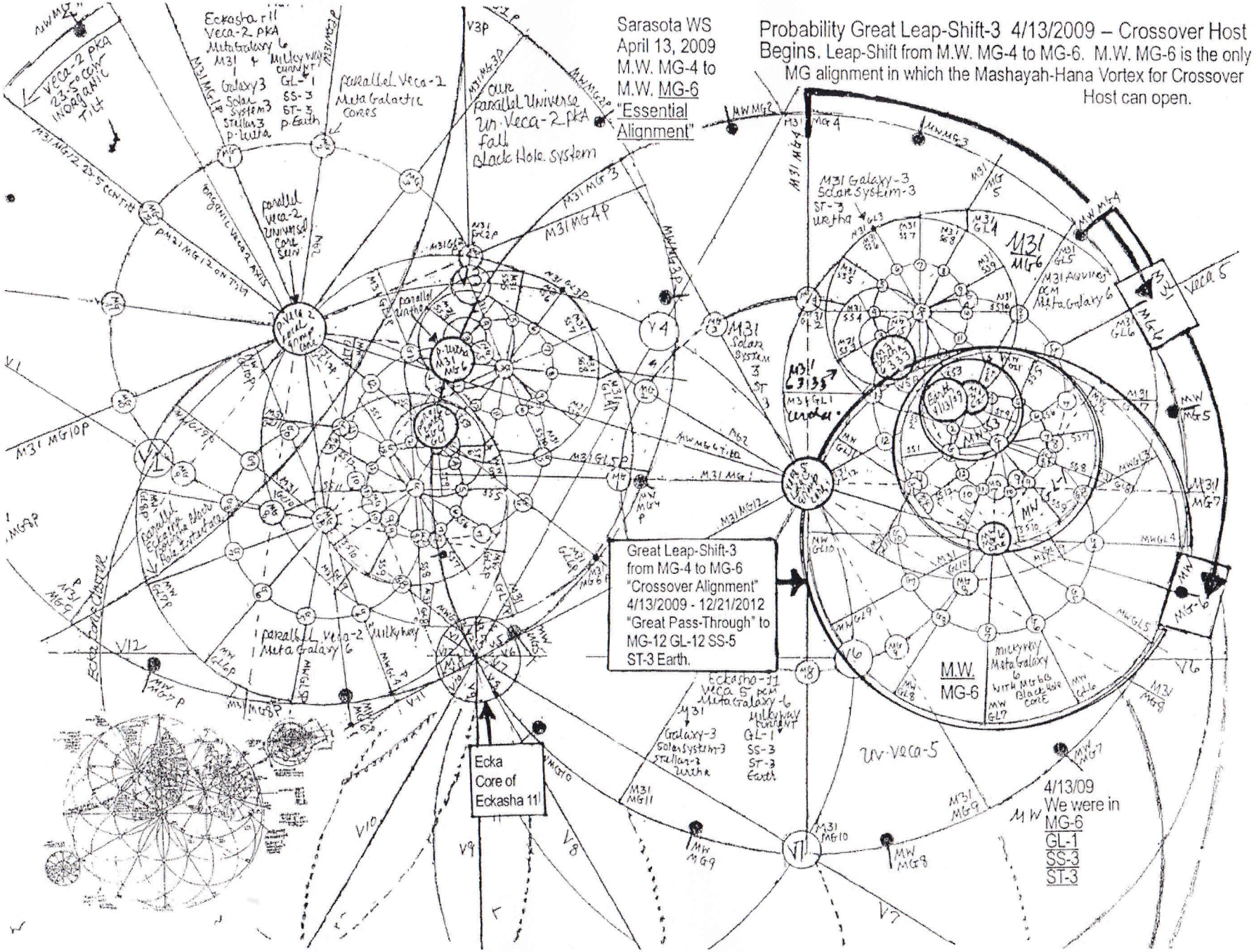
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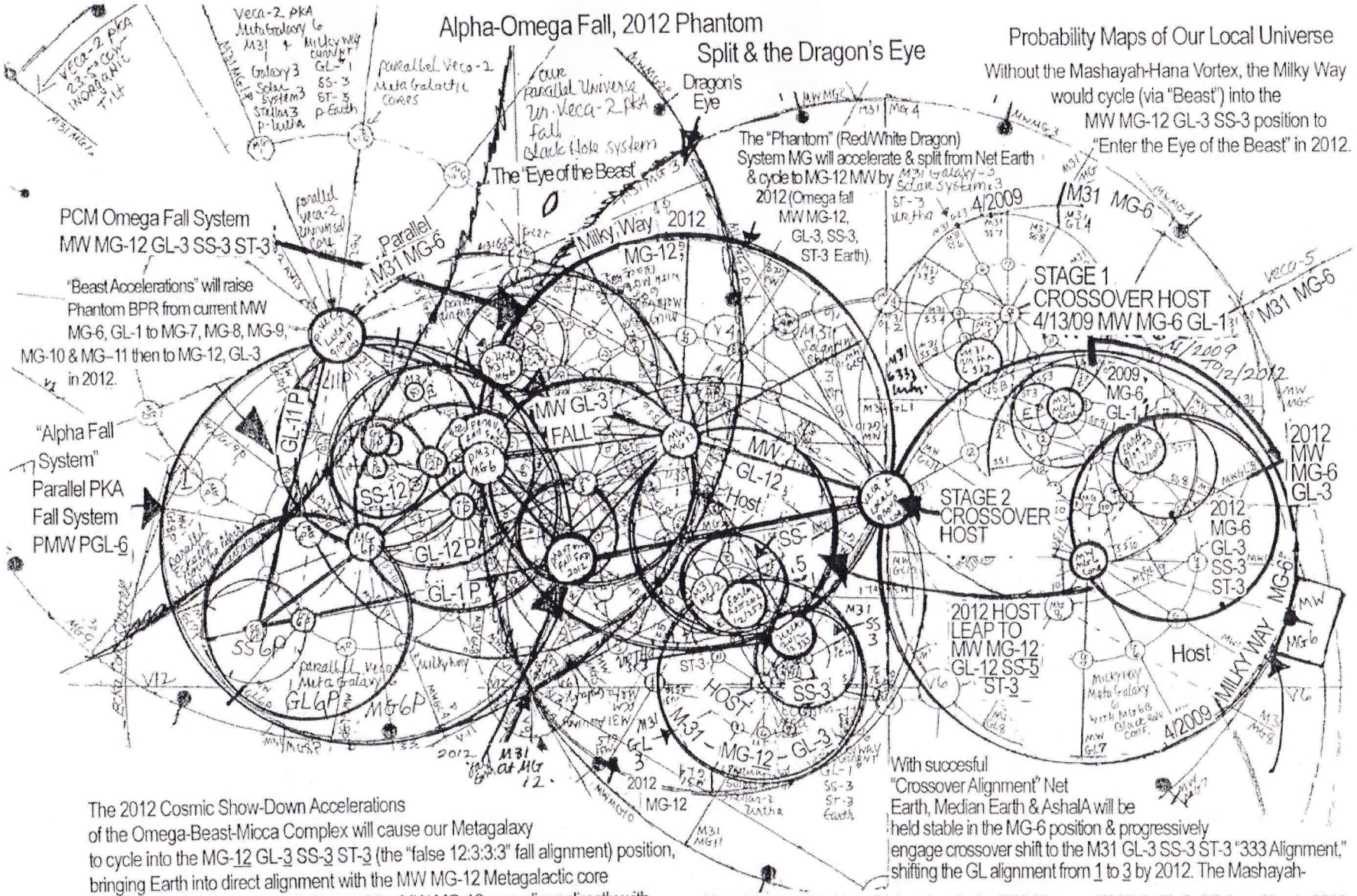
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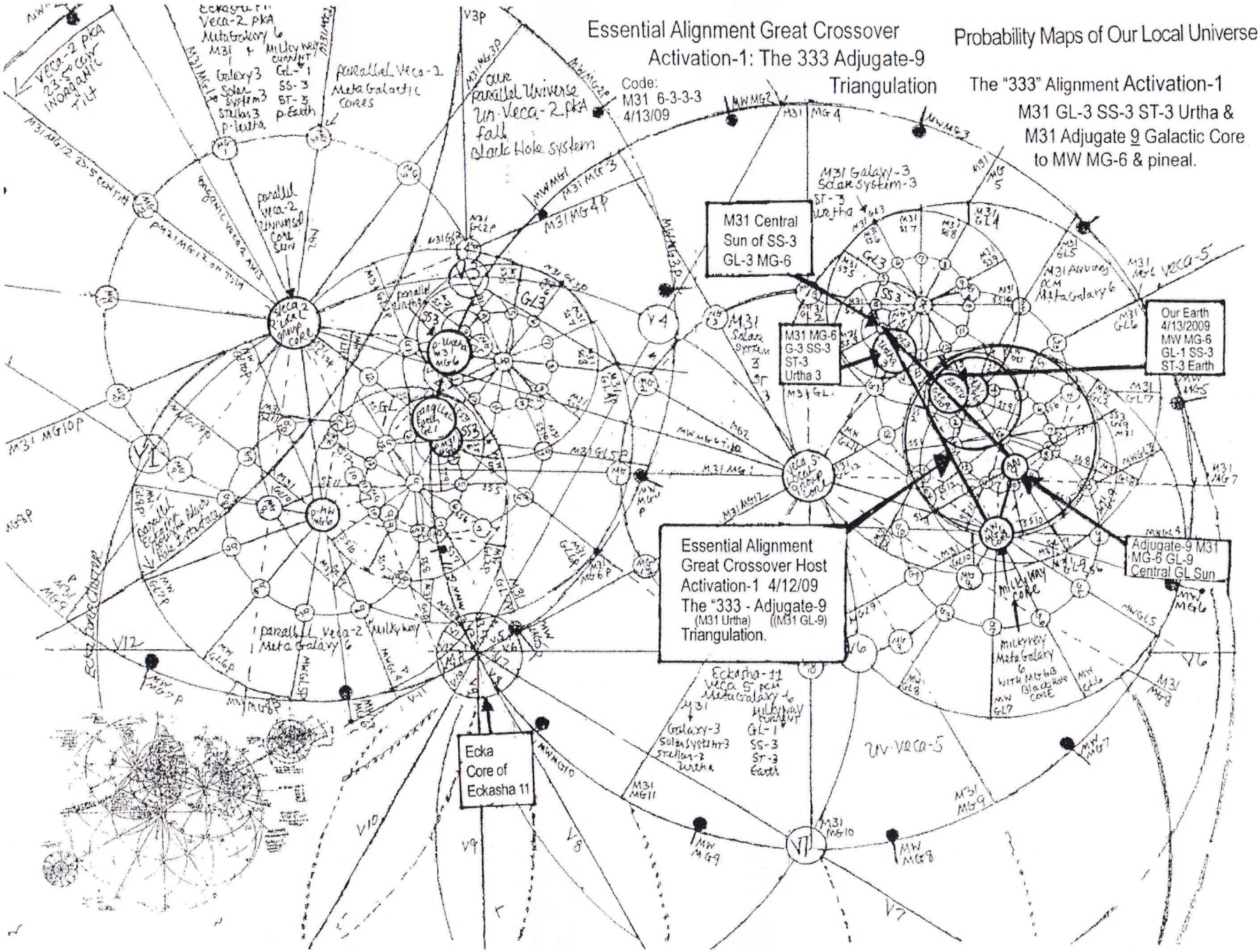
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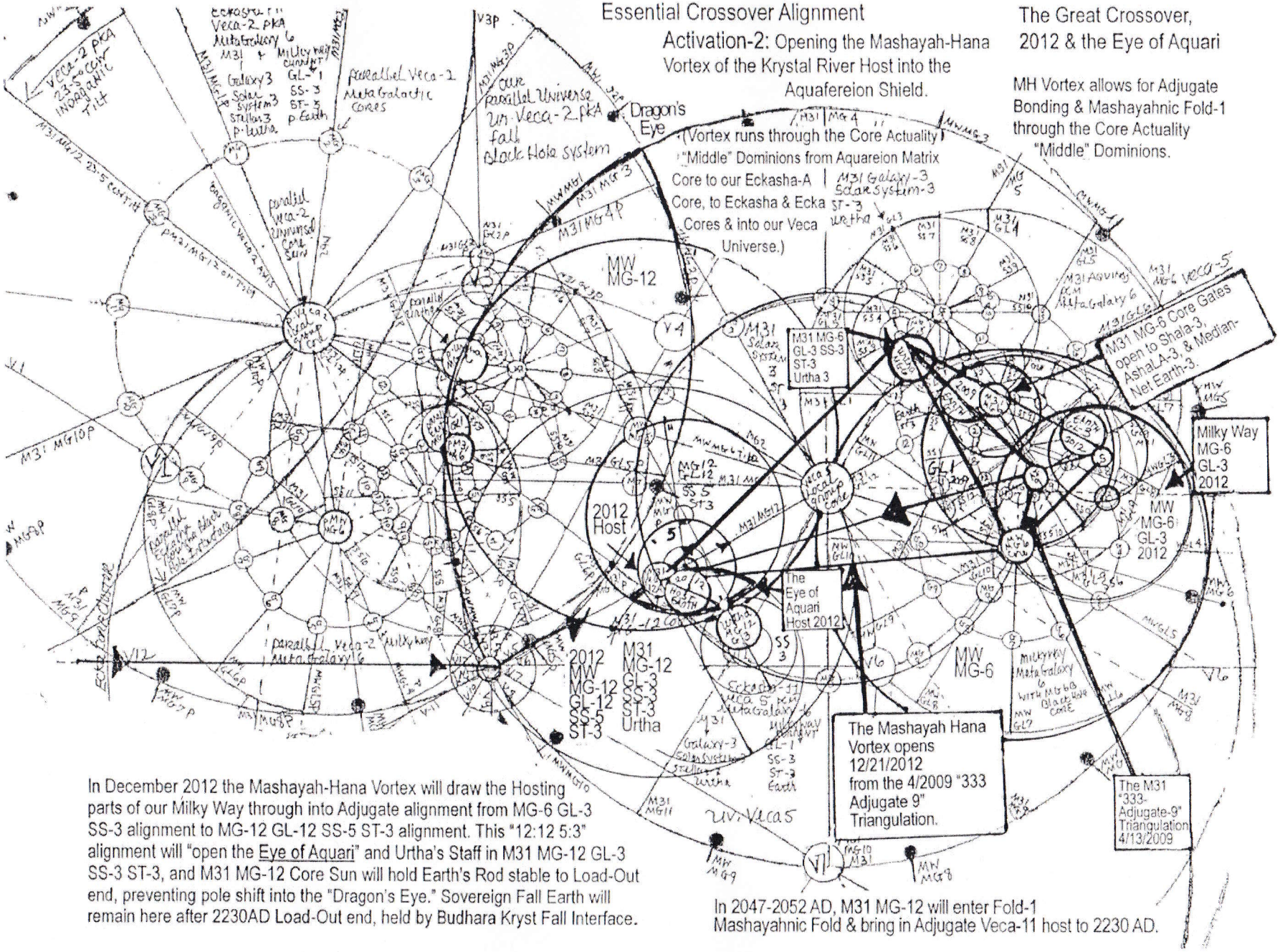
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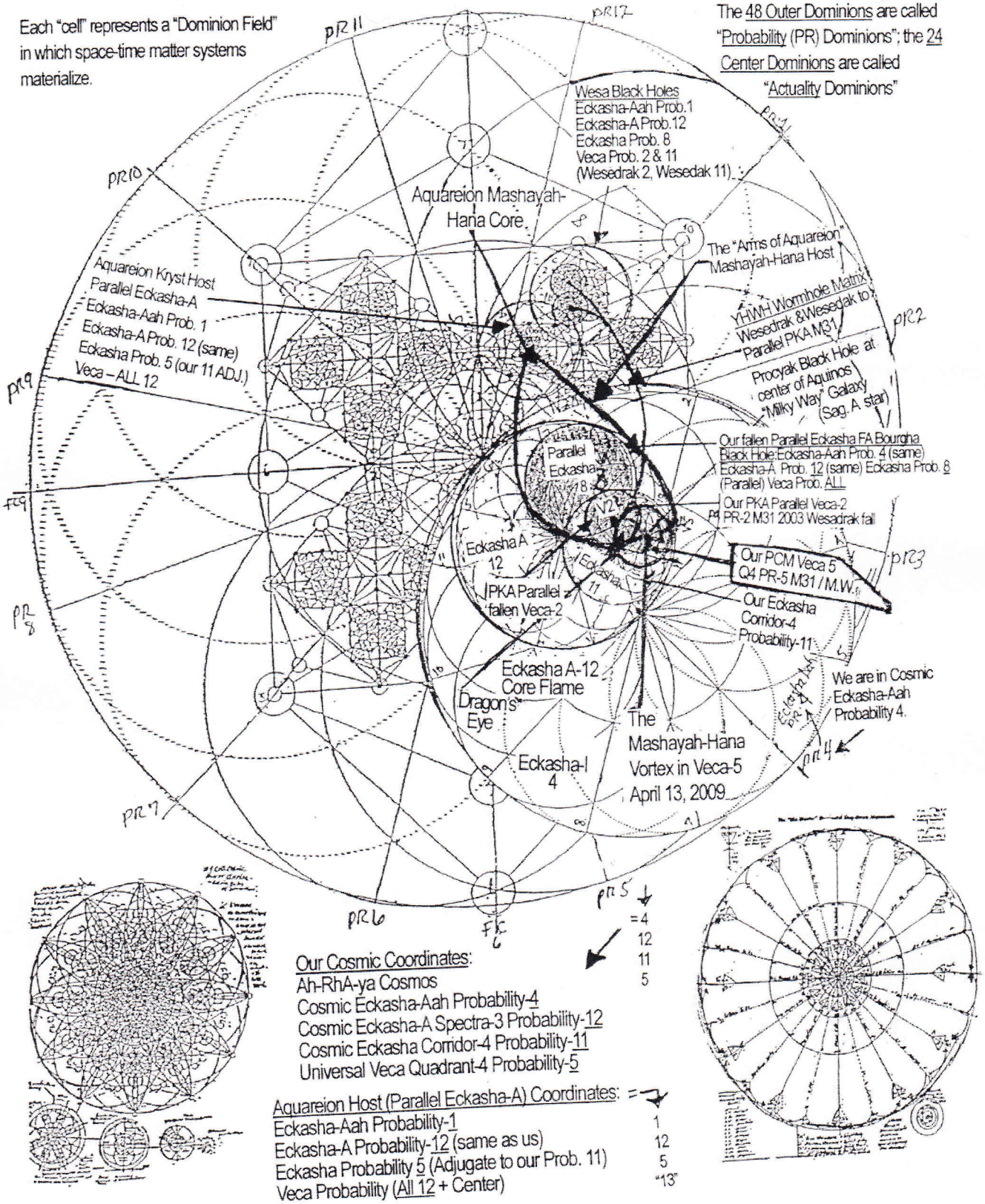


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"The Mashayah-Hana Host" 4/13/2009

Our Cosmic ElumEiradhonna Spirit Body with Light Body Ecka Maps

The 72 Probability Cells of the Ah-RhA-ya Cosmos + Probability Demarcations and Fall Systems



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Leap Shifts of the Host

1. "Micca Alignment":

   22,326 BC to 8/15/2003 (Leap Shift-1)
   22,329 years in position:
   MW MG-1, GL-1, SS-3, ST-3
   –"Parallel Earth Micca Alignment"
   – Began Jan. 2000 SAC in this position
   (pg 13 chart)

2. Leap Shift-1:

   8/15/2003 to Nov. 1, 2008 (Leap Shift-2)
   5 years, 2.5 months in position:
   MW MG-3, GL-1 through -12, SS-3, ST-3
   (pg 14 chart)

3. Leap Shift-2:

   Nov. 1, 2008 to April 13, 2009 (Great Leap Shift-3)
   5 months, 15 days in position:
   MW MG-4, GL-1 through -12, SS-3, ST-3
   (pg 15 chart)

4. Great Leap Shift-3 — Crossover Host Alignment:

   April 13, 2009 to Dec 21, 2012 (Great Leap Shift-4)
   3 years, 8 months, 8 days in position:
   MW MG-6, GL-1 to GL-3, SS-3, ST-3
   (pg 16 chart)

5. Dec. 21, 2012 Kryst Host & Kryst-Fall Host Alignment to 2047 Load-Out Fold-1:

   MW MG-12, GL-12, SS-5, ST-3
   (pg 17 chart)

6. Alpha-Omega Activation — July 4, 2009:

   Phantom Earth BPR accelerated & forced into the MG-7, GL-1, SS-3, ST-3 fall alignment; will run MG-7 through MG-12 by 12/21/2012.
   – 12/21/2012 Phantom Earth will engage
   MW MG-12, GL-3, SS-3, ST-3
   (page 17 chart)

BPR Code Summaries

BPR Code:

MW "1, 1, 3, 3"

BPR Code:

MW "3, 1-12, 3, 3"

BPR Code:

MW "4, 1-12, 3, 3"

BPR Code:

M31 "6, 3, 3, 3" Host
MW "6, 1, 3, 3" (4/09) to
MW "6, 3, 3, 3" (by 2012)

Dec 21, 2012 Host BPR Code:

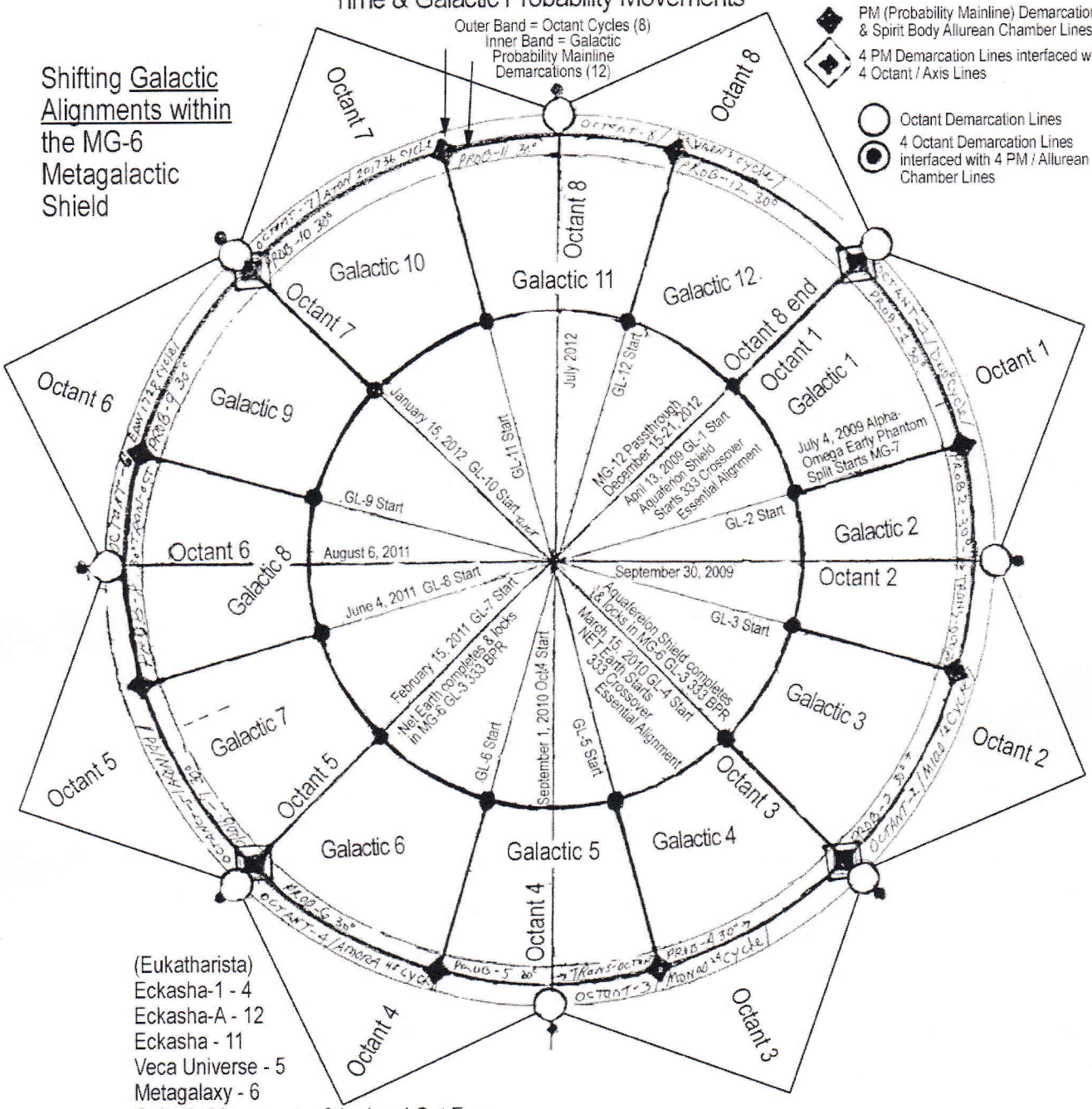
M31 "12, 3, 3, 3" Host &
*MW "12, 12, 5, 3" * Hosting
**current BPR code to use*

Phantom Earth Fall BPR Code:

MW 7, 1, 3, 3 — July 4, 2009, to
MW 12, 1, 3, 3 — in 2012
then Alpha-Omega Fall BPR Code:
MW 12, 3, 3, 3 — Dec 21, 2012
–"fake 333 alignment"

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The 2009-2012 Galactic Probability Movements of the Milky Way Metagalaxy —
Time & Galactic Probability Movements



(Eukatharista)
Eckasha-1 - 4
Eckasha-A - 12
Eckasha - 11
Veca Universe - 5
Metagalaxy - 6
Galactic Movements of the Load Out Evac
2009-2012 "Crossover Essential Alignment"

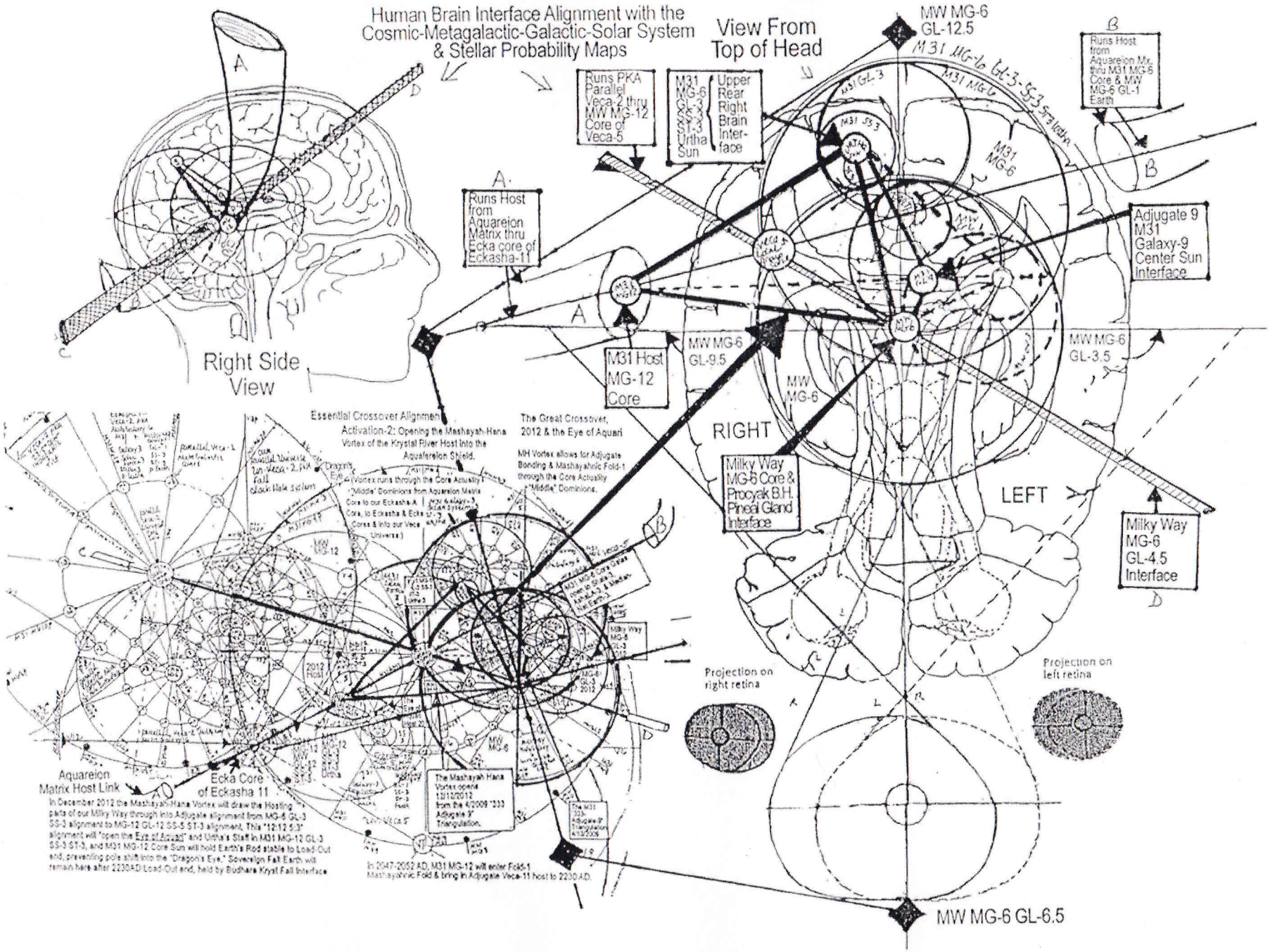
The Galactic Time Cycles -
Movements of the Galaxies
Within the Metagalaxies

Milky Way Metagalaxy with it's
12 Galactic Probability Movements,
2009-2012.

Note: "Octant" & "Probability" CYCLES are Takeyon Harmonic Key Accretion Cycles through which matter systems "materialize" and "de-materialize" perpetually, within the Eternal Structure of the God-Source Consciousness Field.

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The 4/2009 Mashayah-Hana Vortex Microcosmic Interface



The M

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"Floating Buddhas" Elemental Command Cloister Sliders Teams"

Each "Personal Cloister" Team is composed of 1 member of each of the following 6 Kryst-Guardian Races. The members of your "Sliders Cloister" (called your ***"Sha-DA' Cloister")*** have accepted service positions to be "on call" to assist you, whenever you telepathically request their presence; they will also "remain with you at all times in-orb" if you request that they do so.

When you request their presence, they will enter **Slide-1 Bi-location Projection** from their primary biological focus of residence, and ***"Orb"*** into the frequency bands of your primary biological focus of residence, to enter a state of ***"Live Conscious Communion"*** with you (either individually or together as the "6-point Sha-DA' Cloister Team", whatever you request). The more you work with your *Sha-DA' Cloister*, the clearer and stronger your communications and contact will become; *they can hear and see you whenever you call them*, but it may take some time for you to expand your own biological "inner sense" to hear, see or feel their presence and communication. Ask them to assist you with expediting your sensory sensitivity to their frequencies and they will work on multiple levels to do so.

At times, for various types of interaction, they will **"de-Orb"** in your reality field to reveal their materialized form, within the "quantum, size & matter-density" appropriate to your reality field. One day, through *Slide-2 Translocation Projection*, you may meet and visit them in their own reality fields of (Milky Way Galaxy) – Median-Earth & Ashala-3, (AquAelle M31-Adjugate-Spirit Eiradonis Galaxy) – Shala-3, or (M31-Aquinos Andromeda Galaxy) – Urtha-3.

Calling Your Cloister for Informal Communication

Preparation: 3 "Krystar Breaths" (Inhale command "Rasha-Eira-Krystar-NOW", Exhale out Krystar Vehicle)

A. To request the presence of, and informal communications with, all of your "Cloister's members", when working alone, simply telepathically use the ***"Elemental Orb Call" Command*** below, repeated **3 times**.

B. To request the presence of ***a specific individual*** member or members, use the **"Elemental Calling Tone"** pertaining to the member's race group (from *"Floating Buddhas" Chart*), putting the *"Elemental Calling Tone or Tones"* as the **prefix** before the *"Elemental Orb Call", and repeat "Prefixed Elemental Orb Call" Command* 3 times.

"Elemental Orb Call" Command

Ah-ShA'-ah NE'Ra- O'cha- Sa!! repeat 3xs

Calling Your Sha-DA' Cloister for Formal "Sha-DA' Buddha Shield" Elemental Command

Like the *"Sha-Dra' Projection Shield"* used in Elemental Command Group work, the ***"Sha-DA' Buddha Shield"*** is also a mathematical geomantic shield platform that is used to amplify the protection, power and range of Krystic inter-dimensional and elemental frequencies available for use within "intentioned endeavors" in healing, projecting, meditating, manifesting and Grid Work. Unlike the Group Sha-dra' Shield, the Sha-DA' Buddha Shield (also called the ***"Floating Buddhas Rite"),*** can be achieved *individually*, once you have anchored your 6-member *Sha-DA' Cloister* through your *1st "Floating Buddhas Rite"*. To activate your Sha-DA' Buddha Shield, first do 3 "Krystar Breaths", next repeat the "Elemental Orb Call" Command above 3 times, then use the procedure of the ***"Floating Buddhas Rite"*** on the following pages.

T1

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"Floating Buddhas" Elemental Command Cloister Sliders Teams

All Groups are Krystic Adashi-Adept Ascended Ma-sha-yah', Eternal Life, Breatharian Species, who choose to retain a Ma-sha-yanic Biological Form in their home environment.

(Gender Note: 4 potential genders – 1. Androgynous M-F combined-gender, 2. Male, 3. Female, 4. EUnic – no gender Asexual)

Primary Biological Residence	Race Name – Service Occupation & Description	Usual Orb ID	Elemental Calling Tone
Urtha-3 M31 Adashi Temples	***Bhendi Aquari*** – Trainers (Children of the Aquareion from Aquareion Matrix) Have various different species & body forms such as blue-aquatic-humanid, bi-pedal-winged-lions and white-humanid-genies, plus many others. Technical Teachings Specialists & Trainers. 4-genders.	varies	**Za'-Ta**
Urtha-3 M31 Adashi Temples Aurora Platforms	***Aquafereion*** – Greeters (Aquari-Earth-Human Hybrids from Aurora Platforms) Refined Human Form, breathe air or water, various races, skin/hair colors, 4 genders, 8-18' tall-average height-12'. General Teachers & Urtha Hosts.	varies	**A'-TU**
Shala-3 Eiradhani Healing Temples	***A'quA-elle*** – Healers (Eiradhani "Ethos Sparkle People" AdorA-Aquari-Human) "Shape-shifter Humanids made of M31-adjugate-spirit "Ethos-Sparkle-Matter"; pale-pastel-iridescent-metallic-sparkle-Light-Beings; various races, no gender, J12 origin-family; Spirit-Body "Resurrection-Healing" Specialists & Master Counselors.	glitter-orbs glitter-fields	**KEi'-sa**
AshalA-3 Ashalum Edonic Healing Temples	***A'quai*** – Healers (Children of M31 Edonic An-Sha-TA'-sa Aquari of Aquareion Matrix) original Edonic M31-Aquareion An-Sha-TA'-sa Aquari Elder Refined-Humanid form. Known as the "Radiant Giants" due to luminescent-gossamer-skin that perpetually radiates light from within; skin changes colors with inner-light radiation spectrum, which responds to all thoughts & emotions. Radiant white is base oscillation. 4-Genders, 72-216' tall-average height 144' (approx=16-story building) Biological Healing Specialists.	radiant white can vary	**Ah'-RA**
Median Ascension Earth Ah-VE-yas Cathedrals	***ZionA*** – Attendants (Children of Median-Earth Aquai-A'* & Urtha-Aquafereion), Aquatic-Aquai-Human "Fish People". Start life in water-born gel-eggs, grow into small gossamer-skinned "fish" (no scales or slime); in adolescence transfigure to "Mer-folk" (Mermaids/Mermen etc.), then have choice to transfigure to bipedal. 6-18' tall-average-12'. Master Tutors, General Healers & Companions, will be the 1st ones we meet physically in Slide-2 Translocation to Median-Earth.	indigo-violet	**KA'-Vo**
Median Ascension Earth Ah-VE-yas Cathedrals	***AquafarE'*** – Helpers & Playmates (Hybrid Children of Urtha Aquafereion) Urtha-Aquafereion Aquari-Earth-Human Hybrids further hybridized with many other planetary & inter-universal Krystic race-lines to engage specialized service as Telluric Elemental Command Force planetary guardians on Median Earth (& elsewhere). Many Aquari-Human forms, Bipedal 3-8' tall on Median Earth, but appear 3-12 inches tall when visiting Net-Earth. Many occupational specializations.	light green-gold	**SE-A'-Ta**
Net-Earth Ah-VE-yas Cathedrals	***Fae'Ri'*** – Helpers & Playmates (Children of the Median-Earth AquafarE') Seeded on Net-Earth by the AquafarE' to engage specialized service as Telluric Elemental Command Force planetary guardians on Net-Earth. Many Human forms, Bipedal 3-8 inches tall on Net-Earth; appear microscopic when visiting Median-Earth. Many occupational specializations (some lines have fallen to Caduceus & Phantom Earth agendas).	Various	various

Note: 3-8' tall Net-Earth-Humans retain their "home size" when physically visiting Median Earth; same size range as the AquafarE'; the tallest Tree-folk on Median-Earth are an average 12 to 48 times taller than the 72-216 feet tall Median-Earth * Aquai-A' Elders, Aquai from AshalA that were seeded on Median Earth to serve as Kryst-Council Elders. Tallest Tree-folk 864' to 10,368'

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The ***Staah-LEi'-yas*** **of Translocation Technique**

Activating your Jha-DhA Body for Aurora Continuum entry:

The ***Staah-LEi'-yas*** are specialized **Ah-VE'-yas**-Elemental ***Transcendental Gate-Co-ordinate Codes*** used for access to the ***Aurora Continuum*** for Biological "Slide-2 Translocation" "Space-Time Travel".

1. Call in Your Cloister (6-Buddhas) from **FOL'09 Technique**, using the ***"Calling Your Cloister For Informal Communication"*** Section, with "**Elemental Orb Call" Command**":

   Ah-ShA'ah NERa- O'cha Sa! (x3)

2. Next Call in the ***Ah-JhU-na' E-dO'-ni Ma-Sha-Ya*** (the "Gifting Wizards") Adashi Elemental Command Councils from the Amenti Middle Earth Central Actuality Domain, using the "EDONIC CALL" Command, to open the Aurora Continuum for Jha-DhA' Body activation.

EDONIC CALL COMMAND

The ***E-dO'-ni Ma-Sha-Yha Ah-JhU-na'*** **Orb Call**

DO' e'TU' du-en-tA' E'-sha-Mour' Ah-DU'
Oh-A'-TE'-yah Co-en-TU'-jhen HO'en-Ra HO.
BE'yah Ashj-wen' TU'-en-ta'-TA Ah-JhU-na' (3x)

3. Now, place your palms one on top of each of the 2 Staah-LEi'-Yas Codes, Inhale the Codes up the arm cords, into the AzurA, then pull them down into the Kara-nA'dis Seal (near base of breast bone) at the top of the Inhale, and hold a moment as the two codes merge in the Kara-nA'dis, releasing an Ah-VE'-Yas Spark. Exhale slowly, and notice as you exhale that a New Code, called a Sa-A'-Da (Ah-VE'-yas compound encryption code) emerges in 3 places on your body. One copy of the Sa-A'Da emerges as a sphere in each palm, and the third emerges from your Kara-nA'dis Seal, and expands to surround your entire body. Breathe gently. This begins activation of the **Transcendental Jha-DhA' Body**. When your light quotient has reached **80% Sha-LA-a** the large °Jha-DhA' Body "**Sa-A-Da ORB**" around you will enable you to "**Slide-2**" Translocate into the **Aurora Continuum** for Space-Time travel. Before this, your Sa-A'-Da Orb will allow you to **Slide-1** Bi-location into the Transcendental Aurora Continuum for passage into the "**Seat of Edon**" (*Cockpit of Co-creation") within the in **Amenti Middle Earth Actuality Dominion**. Continue breathing for several minutes, while consciously using each breath to amplify the "Living Water" Hydrolase currents flowing out of your Kara-nA'dis into the 3 Sa-A'-Da Orbs.

4. To utilize the "Powers of the Staah-LEi'-yas Sa-A-Da to improve conscious direct materialization abilities: **once you have completed the steps above**, first use the "**IAMIT Formula**" to create an **A'-Ras** "Symbol Encryption", **Sa'Ras** "Tonal Encryption" and **Dha Ras** "Movement Encryption" to use with "step-5" below.

5. Place your A-Ras on a paper in front of you, send a burst of "Living Water" from your AzurA down to your palms, "Spark the Sa-A-Da Orbs" there, then "Cup" your palms over the "A-Ras' Symbol and quietly repeat the Sa'Ras "tonal encryption" as a gentle rhythmic chant, while using the Dha-Ras movement as you "meditatively create your desired materialization" as a new "Encryption for materialization" within your Ah-VE'-yas Vibrational "Water Body". Periodically use the A-Ras, Sa-Ras and Dha-ras as brief "moments of focus" to energize and expedite materialization of your creation. With practice, you will find "things materializing your way" much more often as God Source, the Universe and the Elemental Command Ah-JhU-na joyfully co-create with you.

T3

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The IAMIT Formula

Enhancing Materialization

1. **"I"- *Identify*** your desired materialization; use journaling and "oppositional analysis" (listing what you know you don't want first, then making a "counter-list" describing for each "Don't" what you "Do" desire to experience.

2. **"A"- Align** ...w Your chosen desire with the desired Mass Probability via Staah-Lei'yas "Space-Time co-ordinate codes, by using the **The *Staah-Lei-'yas* of Translocation Technique.**

3. **"M"- *Magnetize*** Create an **A'-Ras "Symbol *Encryption*"**, a **Sa'Ras *"Tonal Encryption"*** and a **Dha-Ras "Movement Encryption"** specifically for the desire you are materializing, to create a **Sa-A'-Da *Compound Encryption*** to seed within your Ah-VE'-Yas Vibrational Water Body via step-4 above.

4. **"I"- "Intensify**-- Building-up the quantum thrust of the activated Sa-A'-da Encryption by consistently energizing the Sa-A'-da through repetitive use of its Sa-Ra, A-Ra & Dha-Ra Encoding. Create emotional thrust by spending a bit of time "visualizing and putting your there with you desire materialized. FEEL the joy, freedom, release, of having your desired thing with you right now.

5. **"T" - "Trust-** Offer "**Absolute Trust *in* the Eternal *Design*"** & "**Absolute *ALLOWANCE in* the Beauty, Safety & Innocence of the Eternal Design's *DIVINE UN-FOLD-MENT*"** in regard to the Divine Right Order & Timing for the materialization of your Sa-A'-da. (regardless of the appearance of the Materialized Illusion/Hologram.) "**trust/allow/release**".

With the "I-AM-IT" Formula, YOU BECOME your desired materialization, by literally creating it in your hologram with your own energetic consciousness power.

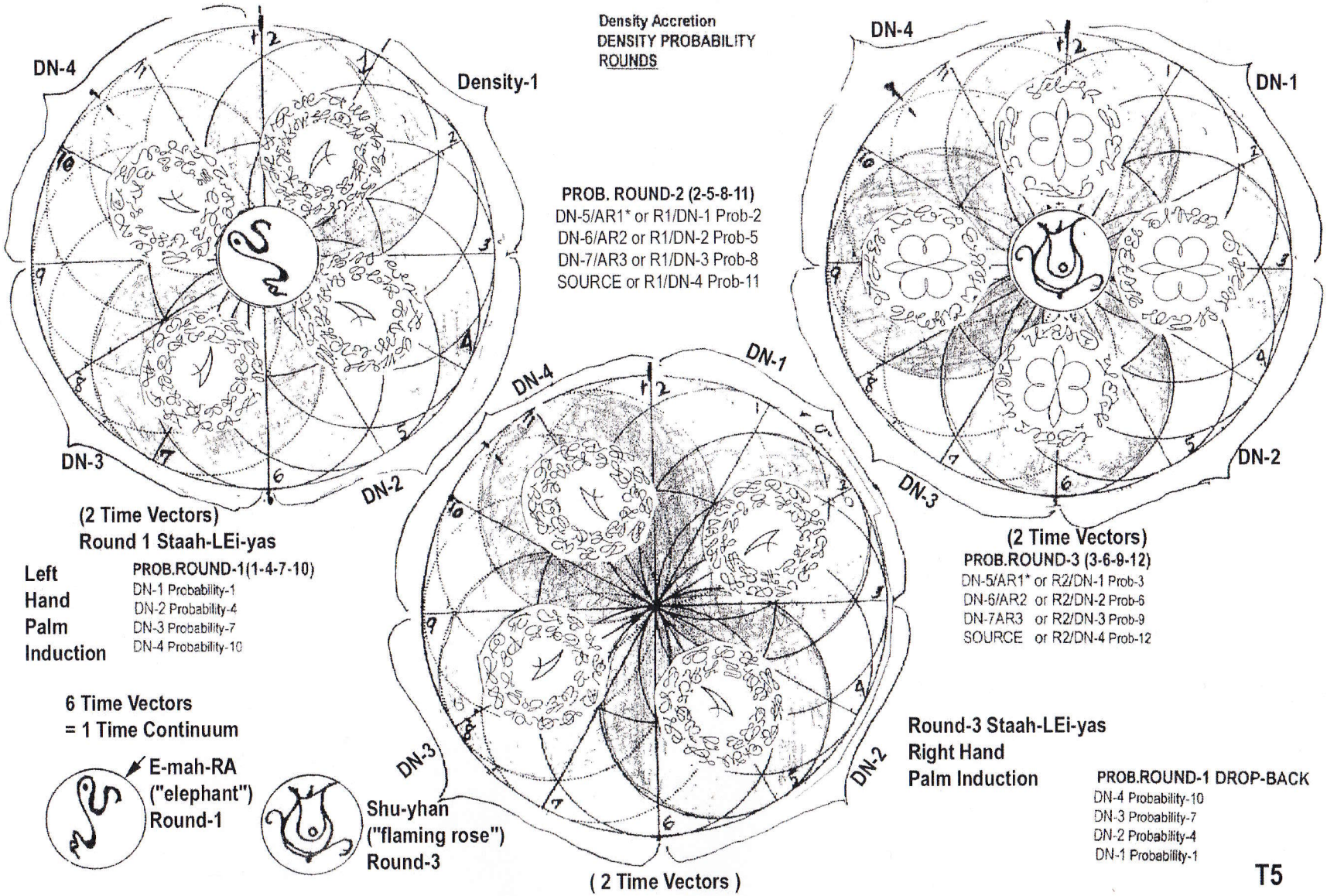
T4

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The Staah-LEi'-yas of Translocation

Stargate Dialup Codes for the Eckasha's Primary 12 Probability Dominions



T5

Aurora Continuum Time-Travel Technique-1: *Entering the Aurora Continuum*

(Formalized Post-Workshop Version; text copy is provided for home use)

PART A. *Ah-VE'-yas Breathing:* "PART-A 12-Step Long-Run" Version. *Clearing the CaL-Sheath and Progressively Restoring Atomic Integrity, to Maintain and Increase the personal Sha-LA-a Living Light Quotient.* (After the initial completion of the "12-Step Long-Run" Version of this Technique-1 PART-A, if the "3-Step Short-Run" Version of PART-A-*Steps 10-11-12 only,* is used **at least once daily,** this technique progressively transmutes Round-1/Probability-4 Shona-Finite-Light-Atoms into Round-3/Probability-6 Sha-LA'-a-Living-Light-Atoms, through consistently re-connecting the atomic body to the *Ah-VE'-yas Vibratory Water-gel Body* of the Aurora Continuum.)

Preparation: Complete 3 "quick rounds" of the "**Krystar Breath**" (Inhale-while mentally commanding "*Rasha-Eira-Krystar*"; hold at top of inhale. Then Exhale- while mentally commanding "*NOW*", using exhale breath to push your Krystar Vehicle outward around your physical body.)

1. Call to mind the image of a **Sha-LA-a Light Unit**, with its *tri-veca*-3-interlocked-spheres configuration and its small central "*atom*"; focus your attention upon the "**top sphere**", the *Ah-VE'-yas Aqua-gel sphere.*

2. Next imagine or visualize the **billions of materialized atoms** that make up your physical body and the "invisible" dimensional atomic layers that make up the layers of your Bio-energetic Field, Light Body, ElumEir-adhonna Spirit Body and Aah-JhA Hydro-acoustic Body. Now turn your attention to the **billions of Sha-LA-a Light Units**, one surrounding each materialized atom, that are implied by the existence of each materialized atom. Focus your attention upon the **billions of Ah-VE'-yas Aqua-gel "top spheres**" of the Sha-LA-ea units; **each materialized atom is accompanied by a singular Ah-VE'-yas "top sphere"** within the Aurora Continuum, between the *Outer and Middle-Domain Light-Bodies* of the *KalE Hara Body.*

3. Imagine or visualize that you have a "**2nd Body and Bio-field**", that looks just like your materialized atomic body and Bio-field, but is made up of billions of ***Pale-Aqua-Blue Aqua-gel Ah-VE-yas units;*** this is your " ***Endoplasmic Vibratory Ah-VE-yas Body***" or "*Vibratory Water-gel Body*". Your *Ah-VE-yas Body* exists within the ***Aurora Continuum***, between the materialized atomic planes of the outer *Probability Dominions* and the core atomic planes of the central *Actuality Dominions.* Move your awareness into your atoms, then sense the ***"spaces between your atoms***"; continue moving your awareness into, through and behind the "spaces between your atoms" to get a **FEELING** of the presence of your "***Ah-VE'-yas Vibratory Water-gel Body".***

4. Breathe gently and notice that there is a "**dim orange-brown glow**" of inorganic "**Gharoche' energy sludge**" surrounding each of your physical atoms; this inorganic sludge creates a "**Veil Membrane**", called the "***CaL Sheath***", which is an ***electro-magnetic harness*** (made of inorganic *calorenes*), between your materialized atoms and your Ah-VE'-yas Aqua-gel Body. The *CaL Sheath* causes the organic *Tri-Veca* structure of *Shal-LA-a Light Units* to mutate into the polarized *Bi-Veca* structure of *Sho-na Dead-Light Units*, which in turn distorts the structure and polarity of materialized atoms. The mutated atoms of the atomic body and their corresponding Sho-na

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Light Units can engage **regenesis and heal** to become Living Light Sha-LA-a structures, through **reconnection of the atomic body and the organic *Ah-VE'-yas Vibratory Water-gel Body*** within the Aurora Continuum.

5. To begin reconnection of your atomic body and your *Ah-VE'-yas Vibratory Water-gel Body*, **Inhale** into the AzurA (Thymus Gland area), then at the **top of the inhale** draw the breath *from the AzurA down* to the **Kara-nA'dis Seal** (near the bottom of your breast bone); **hold** breath momentarily at the *Kara-nA'dis Seal.*

6. Next, **Exhale slowly and deeply** from the *AzurA*, using the *Exhale* to **push a "Flood Wave"** of ***Pale-Aqua-Living-Water-Hydrolase*** from the "*Water-Seed*" in your AzurA, **outward through all of the cells and atoms of your atomic body**. Take several AzurA "Inhale-Exhale-Breaths", using each Exhale to **saturate** the "Orange-brown Gharoche'-sludge **Cal-Sheath**" around your atoms with *Pale-Aqua-Living-Water-Hydrolase.*

7. Call to mind the **two *Staah-LEi'-yah* Translocation Codes** (introduced in the April 2009 Sarasota WS Supplement), the Round-1/Probability-4 ***"E-mah'-RA*** ("Elephant") ***Code***" and the Round-3/Probability-6 "***ShU' Yhan*** ("Flaming Rose") ***Code.*** Take a **final Inhale**, **hold** at the AzurA, and visualize or intend the image of the ***2 Staah-LEi'-yah Codes*** as strongly as possible, **positioned in your AzurA**.

8. **Exhale firmly** from the AzurA, using the Exhale to ***push billions of copies of the 2 Staah-LEi'-yah Codes***, riding on a *Pale-Aqua-Living-Water-Hydrolase Flood-Wave*, outward through all of the cells and atoms of your atomic body, and into the "CaL-Sheath sludge" surrounding your atoms.

9. Breathe gently, in a relaxed manner, and observe a **mild "fizzing sensation"** (like "Alka-Seltzer" tablets in water) occurring **around your atoms**, as the *2 Staah-LEi'-yah Codes* progressively **dissolve** the inorganic "**CaL-Sheath** Gharoche' Membrane" atomic harness. After a period of this atomic "fizzing sensation", become aware of a new sensation that your **atoms have suddenly "loosened tension and relaxed**", allowing for the "***spaces between the atoms***" to become **larger and more detectable.**

10. **Inhale slowly and deeply**, and **FEEL** the **inhale breath** enter into all of the "**spaces between your atoms";** feel the breath pass between the atoms as a **warm, soothing "Back-Flow" Wave of Invisible Air. *Hold*** at the top of the Inhale, and sense the *billions of Ah-VE-yas "top spheres"* of your *Ah-VE'-yas Vibratory Water-gel Body* in the Aurora Continuum, **absorb** this warm, soothing "Back-Flow" Wave of Invisible Air.

11. **Exhale slowly,** and **FEEL** the *Ah-VE'-yas Vibratory Water-gel Body* begin to **gently vibrate**, as it releases a "**Back-Flow-Return" Wave** of **warm, soothing, *Aqua* Air**, back outward and **into the electron-rings** surrounding the nucleus of **each atom** in your atomic body.

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12. Take **several more** "*Inhale-Back-Flow/Exhale-Back-Flow-Return* "***Ah-VE'-yas Body Breathing Rounds"***, while sensing this "**air-flow" circulating steadily "back and forth**" through the "**spaces-between-your-atoms**, and **FEELING** the "warm, soothing "***Aqua-Air"*** of the "Back-Flow-Return, **progressively building and amplifying within the electron-rings of all of your atoms.**

Once you have completed all Steps in PART-A once, you may engage "***Ah-VE'-yas Breathing***" at any time, simply by using **PART-A Steps 10-12,** (***PART-A "3-Step Short-Run" Version***) to amplify the Ah-VE'-yas Circulation. *Ah-VE'-yas Breathing* can assist to ease fatigue, calm emotions, re-charge energy-levels, harmonize the "Mind-Body-Spirit" system and to facilitate healing and/or manifesting/ materializing objectives. It is also a ***pre-requisite*** to engaging **PART-B *The 33-Day Staah-LEi'-yas Bio-filter Shift & Edonic Awakening.***

PART B. *The 33-Day Staah-LEi'-yas Bio-filter Shift & Edonic Awakening (Engaging the Jha-DA' Body; Slide-1 Bi-location into the Aurora Continuum): Entering the Trans-Time Transcendental Planes of the Aurora Continuum; Perceiving from the Transcendental Jha-DA' State.*

When used, following PART-A, **each night before sleep** for a **period of 33 consecutive nights**, ("Short- Run" Version for nights 2-33), this ***Technique-1 PART-B*** will progressively assist to activate within the DNA/RNA/EGO, and to open within the neuro-network structure, the ***Round-3/Probability-6 Aurora Continuum Biological Frequency Platforms*** corresponding to the *Aurora Continuum.*

Activating and opening the *Round-3/Probability-6 Aurora Continuum Biological Frequency Platforms* creates a "**Bio-filter Shift"** out of the ***Round-1/Probability-4*** **NET Earth Field,** progressively *Transmuting* the ***Probability-4*** **Bio-Net Control Filters** (D-1-DNA/RNA Template, D-2-DNA/RNA & D-3 Epi-genetic Overlay/EGO), which keep the embodied consciousness *chemically phase-locked* into *NET-Earth Probability-4* perceptual fields. As the *Probability-4 Bio-Net Control Filters* are progressively disengaged from the *Ah-VE'-yas Vibratory Water-gel Body* and corresponding atomic body, the *NET-Earth Probability-6* and *Aurora Continuum Biological Frequency Platforms,* and their inherent *Middle-Earth Actuality Dominion* ***Edonic Code***, are activated in synchronization, creating an "**unbroken linear perceptual passage**" through the *Probability-4 to Probability-6* ***Time-Shift-Leap.*** As the *Probability-6 Aurora Continuum Biological Frequency Platforms* progressively activate and "replace" the *Probability-4 Bio-Net Control Filters* as the ***active encryption*** for materialization, the NET-Earth-Probability-4 *bio-chemical perceptual-phase-lock* progressively "**unlocks"**, allowing the reality fields of the *NET-Earth-Probability-6* AND the *Transcendental Planes of the Aurora Continuum and Middle-Earth* to progressively enter the bio-chemical systems and "**perceptual range**" of the embodied consciousness, thus progressively enabling one to become more consciously aware of personal, group and mass activities taking place within the Round-3/Probability-6 *Transcendental Planes* of the *Aurora Continuum and Middle-Earth Actuality Dominion.*

Once the "**33-Consecutive-Nights"** of the ***"Probability Co-ordinate Alignment Phase***" have been accomplished, the activated Aurora Continuum Biological Frequency Platforms can be ***sustained and progressively enhanced thereafter*** through use of the "**7-Step Short-Run" Version 3 times per week prior to sleep, AND** use of this "**Long-Run" Version** (*technique-1-PARTS A &-B)* prior to sleep **once every 33 days. Eventually, *with consistent practice,*** (time period will be different for each individual), the newly developing neuro-networks associated with the *Aurora Continuum Biological Frequency Platforms* **will enter physical materialization and remain open,** allowing *Jha-DA' Body projection* into the *Aurora Continuum* (and "elsewhere"), to occur ***instantaneously,* with simple *"thought-intention"*, an *Ah-VE'-yas Breath Inhale*** into the "spaces between your atoms", to lock onto your Jha-DA' Body, and an ***Ah-VE'-yas Breath Exhale"*** to expand your Jha-DA' Body out into the Aurora Continuum (or wherever you desire.).

Note: The Round-3/Probability-6 *Transcendental Planes* of the *Aurora Continuum* are being utilized by the Krystics of the Krystal River Host as the "***Primary Meeting Planes***" for interaction with Krystic races and your personal "*Slide-Team*". At first these Aurora Continuum Planes will be used to develop and enhance skills in ***Slide-1 Jha-DA' Body Bi-location,*** through which personal *direct-cognition communication* and *projection skills* can be progressively enhanced through personal *dream-state* and *conscious-projection interaction* with your "Slide-Team" members. In the future, once further communication/projection skills and *Bio-atomic Capacities* have been developed, the Round-

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3/Probability-6 *Aurora Continuum Transcendental Planes* will be the Space-Time Co-ordinates used for ***Slide-2 Translocation***, first into the "**Middle Earth**" Edonic Actuality Dominion (and the Inter-dimensional Association of Free Worlds' "Seat of Edon" ***"City of the Crystal Temples",*** Solomon's Shield/ Ah-VE'-yas Watchtower *"Cathedral City & Regenesis/Educational Complex"* located there), and later to the Outer Domain **Median-Ascension-Earth**.

PART B. ***The 33-Day Staah-LEi'-yas Bio-filter Shift & Edonic Awakening (Engaging the Jha-DA' Body; Slide-1 Bi-location into the Aurora Continuum):*** PART-B 23-Step Long-Run Version

Activating Your "*Oscillatory Thermo-gel Vapor-Light Ah-VA'-yas Body* ".

1. Complete PART-A, Steps 1-12.

2. Immediately after completing PART-A Step 12, take **3 more** "*Inhale-Back-Flow/Exhale-Back-Flow-Return* "***Ah-VE'-yas Body Breathing Rounds"***, then **HOLD momentarily** at the "**bottom of the Exhale**", with lungs completely empty.

3. Now **Inhale rapidly and firmly**, completely filling lungs with air, and **Hold** momentarily at the "top of the inhale". **Exhale slowly** and **Hold** momentarily at the "bottom of the Exhale".

4. **Next, inhale quickly, then exhale quickly**, and take **several more *"Inhale-Hold/Exhale-Hold"* "*Quickened"* Ah-VE'-yas Breathing Rounds** at a **more rapid pace**, while sensing the corresponding "**Quickening" of the Ah-VE'-yas Circulation** "**air-flow**", as it circulates **more rapidly "back and forth**" through the "**spaces-between-your-atoms**, rapidly and progressively **building and amplifying** the "warm, soothing ***Aqua-Air"*** of the "Back-Flow-Return" **within the electron-rings of all of your atoms.**

5. **FEEL** for a sense of "**building HEAT**" rising up within your atoms, as you continue the "*Quickened"* Ah-VE'-yas Breathing Rounds; when you Feel or Sense this "building Atomic Heat", then take a **final slow Inhale** and **momentarily Hold** at the "top of the Inhale", then **Exhale slowly & deeply**.

6. Now, breathe several "***Slow, Short and Shallow*" inhale/exhale breaths**, while calling to mind the image of the Tri-Veca **Sha-LA-a Light Unit** ; focus your attention upon the "**two bottom spheres**", the ***Ah-VA'-yas Electro-Thermo-gel spheres.*** Now turn your attention to the **billions of Sha-LA-a Light Units**, one surrounding each materialized atom, that are implied by the existence of each materialized atom. Focus your attention upon the **billions of Ah-VA'-yas Electro-Thermo-gel "bottom spheres**" of the Sha-LA-a units; **each materialized atom is accompanied by a "Phase-Set" of 2 Ah-VA'-yas "bottom spheres"** within the **Middle-Domain-Light-Body ManA Field** of the *KalE Hara Body*. Each Electro-Thermo-gel, "bottom-sphere" *"Ah-VA'-yas Phase-Set*" of the *Middle-Domain-Light-Body* is connected to a singular *Ah-VE'-yas* Aqua-gel "top sphere" within the Aurora Continuum.

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7. As you continue Rounds of "*Slow, Short and Shallow" inhale/exhale breaths,* imagine or visualize that you have a "**3rd Body and Bio-field**", that looks just like your materialized atomic body and Bio-field, and your *Ah-VE'-yas Vibratory Water-gel Body,* but this "*3rd Body*" is made up of billions of ***Pale-Blue and Pale-Violet Electro-Thermo-gel Ah-VA'-yas unit Phase-Sets;*** this is your " ***Ecto-plasmic Oscillatory Ah-VA'-yas Body***" or "***Oscillatory Thermo-gel Vapor-Light Body"***. Your *Ah-VA'-yas Body* exists within the *Middle-Domain-Light-Body ManA Field* of the *KalE Hara Body*. Again, **FEEL** for the presence of your *Endo-plasmic* ***Ah-VE'-yas Vibratory Water-gel Body*** in the *Aurora Continuum*, **then sense the presence** of your *Ecto-plasmic* ***Ah-VA'-yas Oscillatory Thermo-gel Vapor-Light Body"*** as a **thin, Electrified Blue-Violet Vapor** that "**hangs" between your atomic body and your *Ah-VE'-yas Vibratory Water-gel Body***

"Engaging the Jha-DA' Body" for *Slide-1 Bi-location* into the *Aurora Continuum*

8. Once you sense the presence of your *Ah-VA'-yas Oscillatory Thermo-gel Vapor-Light Body,* take a **slow, deep Inhale** breath into the *AzurA,* while visualizing or imagining that each of the billions of *Ah-VA'-yas Body "bottom sphere" "Phase-Sets"* **ALL simultaneously "Phase Closed"** as you Inhale. **Hold** at the 'top of the Inhale" as the Ah-VA'-yas Phase-Sets **"Spark",** then sense the "**energy rush**" as a "**Back-Flow-Return-Wave" of Electric-Blue Sparks** releases into the **nucleus** of each of your atoms from the *Ah-VA'-yas Oscillatory Thermo-gel Vapor-Light Body* .

9. **Exhale slowly and deeply**, and **FEEL** a sensation of "**becoming slightly less dense**" as the atoms of your body that are currently capable ***Transmute*** into Mana-Light. **Inhale gently** and sense that your transmuted Mana-Light atoms, suddenly "**Flash-Off, dematerialize, and enter "Hyper-Space"**, forming a **Back-Flow Spark-Wave** as their quantum **"pulls gently inward and upward", through the "spaces between the atoms**" and **into the Ah-VE'-yas Body** in the *Aurora Continuum.* **Hold** at the "top of the Inhale" as the *Atomic Back-Flow Spark-Wave* completes delivery of the atomic quantum into the *Ah-VE'-yas body.*

10. **Exhale** gently, then breathe **several Rounds** of slow, deep "*Inhale-Hold-Exhale-Hold*" ***Transmutation Breaths***, each Round creating release of another *Back-Flow Transmuted-Atom Spark-Wave* into the *Ah-VE'-yas Vibratory Water-gel Body* in the Aurora Continuum. As the transmuted atomic quantum enters the *Endo-plasmic Ah-VE'-yas Body*, it draws with it the corresponding aspects of the *Ecto-plasmic Ah-VA'-yas Body.* When Ah-VE'-yas-Endo-plasma, Ah-VA'-yas-Ecto-plasma and atomic-plasma merge in the Aurora Continuum, the atomic and Sha-LA-a Light unit structure ***Transfigures*** into **Photo-plasma**, forming a " **Photo-plasmic Atomic Replica" of Living-Light-Aqua-gel"** within the Aurora Continuum. This is your "***Photo-plasmic Jha-DA' Body***", your **Transcendental "Atomic Vehicle of Travel**" within the Aurora Continuum.

Slide-1-Bi-Location: The "Peel-Out"

11. Breathe gently, in a relaxed manner, and focus your attention within your physical-atomic body, becoming **aware of the feeling of its cells and atoms from the "inside out".** Now sense the presence of your Aurora Continuum Photo-plasmic **Jha-DA' Body** "*within, around and between*" the cells and atoms of your atomic body. (The atomic and Jha-DA' Bodies currently occupy the "same space", but the atomic body still exists within the Outer-Domain reality field & the Jha-DA' Body exists within the corresponding Space-Time Co-ordinates within the Transcendental Planes of the Aurora Continuum).

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12. **Inhale slowly** into the **AzurA**, then **further upward** to a "point" just outside of the top of the head over the "**Fontanel**" (Translation Duct-4-Fontanel). **Hold** momentarily at the "top of the Inhale" over the Fontanel.

13. Next, **slowly Exhale a "Wave of Living-Water Hydrolase"** ***downward*** from the Fontanel and **throughout the entire body**, using the "*Exhale Wave*" to create a "**Pale-Aqua Veil**" between the atoms of the physical body and the Photo-plasmic atoms of the Jha-DA' Body.

14. Breathe gently, in a relaxed manner, and begin the "**PEEL OUT**"; the ***separation of the physical and Jha-DA' bodies***, and the transfer of consciousness into the Jha-DA' State of Aurora Continuum Bi-location. As you breathe gently, focus your attention on FEELING the presence of the Jha-DA' Body as similar to a "**Ghost Body**" version of you that is "**still within**" the physical-atomic form. (Note: In technical terms, the **Jha-DA' Body is NOT a "*Ghost Body*"**, which is fragmented GharE'-spirit often left after improper Bhardoah Transition following physical death; but conceptually and visually the Jha-DA' Body resembles what is commonly considered a "Ghost Body".)

15. Continue gentle **Inhale/Exhale Breathing**. Once you have a "Feel" for the presence of the Jha-DA' "Ghost Body" within you, next, **beginning at the Fontanel** on top of your head, start to "**Peel**" the **Jha-DA' "Ghost Body"** *out of the physical-atomic body*; (Note: You may feel, sense and/or hear a **mild "pulling-apart" sensation/sound**, similar to "pulling a piece of adhesive tape off of a piece of glass). Use each **Inhale breath** to "**mentally link-onto" the Photo-plasmic atoms of the Jha-DA' Body "Head"**, then each **Exhale breath** to **PUSH the Jha-DA' Body "Head" forward**, until the head of the Jha-DA' Body *is* ***outside and in front of*** the head of the physical-atomic body (the physical body will be "looking at the back-of-the-head" of the Jha-DA' Body).

16. Continue gentle **Inhale/Exhale "PEEL-OUT Breathing"**, next **moving downward** to the Jha-DA' Body atoms of the **Torso,** again using each **Inhale** breath to "**link onto**" the Jha-DA' Body atoms, and each **Exhale breath** to **PUSH the Jha-DA' Body Torso forward**, until the Torso of the Jha-DA' Body is ***outside and in front of*** the Torso of the physical-atomic body (the physical body will now be linked to the Jha-DA' Body from only the hips down.)

17. Continue gentle **Inhale/Exhale "PEEL-OUT Breathing"**, next **moving downward** to the Jha-DA' Body atoms of the **Legs,** again using each **Inhale** breath to "**link onto**" the Jha-DA' Body atoms, and each **Exhale breath** to **PUSH the Jha-DA' Body Legs forward**, until the Legs of the Jha-DA' Body are ***outside and in front*** **of** the Legs of the physical-atomic body.

18. **Inhale** up to the **Fontanel**, **Hold,** then **Exhale firmly**, using the Exhale breath to "**Stand the Jha-DA' Ghost-Body up in front of you"**. Return to gentle breathing and **project a portion of your conscious awareness into the Pineal Gland of the Jha-DA' Body**, then "**open its eyes**", focusing your attention into a "**split-focus**", one portion within your *physical-atomic body*, the other within your *Photo-plasmic Jha-DA' "Ghost Body*". Consciously "**turn your Jha-DA' Body around to face your physical-atomic body"**; observe yourself from first one perspective, then the other. Then observe yourself from "*both perspectives simultaneously.* ("Practice makes Perfect" on this one!).

Entering the Aurora Continuum-Engaging the Ah-JhU'-Na

19. With your *Jha-DA' Body facing your physical-atomic body* and your attention in "simultaneous split-focus" (part in each body), **Inhale slowly and deeply**, using the *Inhale* to **draw the Jha-DA' Body toward you**, first "meeting face to face", then continuing to **draw**

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the Jha-DA' Body *into* your physical body, and *into* the "spaces between the atoms". Hold at the "top of the Inhale", as your **Jha-DA' body "disappears within you**", as it passes directly into the Transcendental Planes of the Aurora Continuum through the "spaces between your atoms". **Exhale slowly and gently**, using the Exhale to expand your awareness outward within your Jha-DA' Body in the Aurora Continuum. **You have now entered the Aurora Continuum,** in the "*Jha-DA' State*" of consciousness.

20. Return to **gentle breathing**, with your conscious awareness focused within your Jha-DA' Body. Observe that you, AS your Jha-DA' Body, are now standing within an **Aurora Continuum Corridor** that is lit with dim, **Pale-Indigo Light**. Notice that the Corridor stretches outward from "side to side/left and right" as far as the eye can see, but in front and in back of your Jha-DA' Body the Corridor extends outward only several feet. This **Narrow Pale-Indigo Corridor** is one of the numerous 3-dimensional Planes within the Aurora Continuum, and it has long been the "**Place of First Meetings**" between travelers from the Outer Domains and Guardian inhabitants of the Middle Earth Actuality Dominion.

21. Sit your Jha-DA' Body "**down on the floor**" within this *Narrow Pale-Indigo Corridor*, and **mentally request that your Ah-JhU'-na GUIDES**, from the Middle-Earth Actuality Dominion Elemental Command, **now come to meet you here**, to take you on the evening's educational journeys.

22. Breathe gently, relax and sit quietly in your Jha-DA' Body within the Pale-Indigo Corridor, briefly awaiting the approach of your Ah-JhU'na Guides. Observe that a **sensation of vibration** appears **far down the Corridor to your Right**, as **two bright-white Orbs**, (about the size of "dinner plates"), rapidly approach you. As the Orbs come to rest "**sitting on the floor beside you**", observe that they next **transfigure into two hominid "White-Light Beings", 6'-8' tall,** sitting on the floor of the Corridor beside you. These are your **Ah-JhU'-na Middle Earth Guides**.

A. If you are **feeling "awake and aware**", and have a **moderate to good visual and sensual connection** to the Aurora Continuum Corridor space, you may **telepathically engage dialogue** with your Ah-JhU'-na Guides, requesting insight, guidance, healing or specific education. If you have no specific requests, the Ah-JhU'-na Guides will present information and explorations that they are advised by your "Buddha Slide Team" would be valuable to you. They will communicate with you in "**Direct Cognition**". From this point they may ask you stand up and "**go into Orb**", so that the three of you may **travel "en-Orb" to Middle Earth** for further insight, education, exploration or healing. Allow yourself to "**fall asleep in the physical**" as you **focus within your Jha-DA' Body** and converse, or begin to journey with, your Ah-JhU'-na Guides. Make "**journal notes**" sometime during the following day, on what you remember from the previous night's activities. Continue with PART-B **"7-Step Short-Run" Version** for 32 more consecutive nights.

B. If you have **poor to no visual and sensual connection** to the Aurora Continuum Corridor space, know that, (if you have done all steps to this Technique-1 Parts A & B cumulative "35-Step Long-Run" Version) **your Jha-DA' Body has indeed arrived in the Pale-Indigo Corridor of the Aurora Continuum**, but *you may have "lost track of" the part of your consciousness that transferred into the Jha-DA' Body.* (**This is not uncommon** in the beginning to intermediate stages of Jha-DA' Body projection, and is quite common if you are physically overtired). **The part of your consciousness within the Jha-DA' Body IS conscious and aware of itself, and WILL engage with your *Ah-JhU'-na Middle Earth Guides,*** to further your education and ascension-skill development **while you sleep.** Go to sleep as usual, then on the ***next night,* try again**. If you still have poor to no visual and sensual connection to the Aurora Continuum after the second try, again go to sleep as usual, then on the **next day** engage Technique-1/PART-B *The 33-Day Staah-LEi'yas Bio-filter Shift* - ***Intensive Application***

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Aurora Continuum Time-Travel Technique-1 **Combined PARTS A & B**

"The 7-Step Short Run" Version

Note: Once the "**35-Step Long-Run" Version** (PART-A Steps 1-12, and PART-B Steps 1-23) has been completed in full on "Night-1" of the 33-Day Bio-filter Shift Period, the **Jha-DA' Body has been activated**; (it will automatically return from Aurora Continuum Projections, settling back into the physical-atomic body, when the projection is done). If you have ***moderate to good visual and sensual connection*** to the Aurora Continuum Corridor space after running the "35-Step Long-Run' Version on "Night-1", or "second-try-Night-1", then use this "**7-Step Short-Run" Version**, from the **second night to the thirty-third night**.. (If you are having difficulty entering the Aurora Continuum, see Technique-1/PART-B *The 33-Day Staah-LEi'yas Bio-filter Shift & Edonic Awakening--* ***Intensive Application*** .). After the 33-Night Bio-filter Shift is successfully completed, the Aurora Continuum Biological Frequency Platforms can be *sustained and progressively enhanced* through using this "**7-Step Short-Run" Version 3 times per week** prior to sleep, AND using the **"35-Step Long-Run" Version** (*Technique-1-PARTS A &-B)* prior to sleep **once every 33 days. Eventually *with practice*** (time period will be different for each individual), *Jha-DA' Body projection* into the *Aurora Continuum* (and "elsewhere"), will occur ***instantaneously,* with simple *"thought-intention"* and *Ah-VE'-yas Breathing.***

Ah-VE'-yas Breathing (Part-A, Step-12)

1. Take **several** "*Inhale-Back-Flow/Exhale-Back-Flow-Return* "***Ah-VE'-yas Body Breathing Rounds"***, while sensing this "**air-flow" circulating steadily "back and forth**" through the "**spaces-between-your-atoms**, and **FEELING** the "warm, soothing "***Aqua-Air"*** of the "Back-Flow-Return, **progressively building and amplifying within the electron-rings of all of your atoms.**

Slide-1-Bi-Location; The "Peel-Out" (Part-B, consolidated Steps 11-18)

2. Now sense the presence of your Aurora Continuum Photo-plasmic Jha-DA' Body "within, around and between" the cells and atoms of your atomic body. **Inhale slowly** into the *AzurA,* then further upward to the "**Fontanel"** (Translation Duct-4-Fontanel). "**Hold** momentarily at the "top of the Inhale" over the Fontanel.

3. Next, slowly Exhale a "***Wave** of Living-Water Hydrolase*" **downward** from the Fontanel and throughout the entire body, using the "Exhale Wave" to create a "**Pale-Aqua Veil**" between the atoms of the physical body and the Photo-plasmic atoms of the Jha-DA' Body.

4. Breathe gently, in a relaxed manner, and begin the "**PEEL OUT**", separation of the physical body and Jha-DA' "Ghost Body", starting with the **head**, then **torso,** then **legs**. Use each **Inhale breath** to "**mentally link onto" the Photo-plasmic atoms of the Jha-DA' Body ,** then each **Exhale breath** to **PUSH** the **Jha-DA' Body forward**, until the **Jha-DA' Body is outside and in front** of the physical-atomic body.

5. **Inhale** up to the **Fontanel**, **Hold,** then **Exhale firmly**, using the Exhale breath to "**Stand the Jha-DA' Ghost-Body up in front of you"**. Return to gentle breathing, **project a portion of your conscious awareness into the Pineal Gland of the Jha-DA' Body**, "**open its eyes**", then **turn your Jha-DA' Body around to face your physical-atomic body.**

Entering the Aurora Continuum-Engaging the Ah-JhU'-Na (consolidated Steps 19-23)

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6. With your *Jha-DA' Body facing your physical-atomic body*" **Inhale slowly and deeply**, using the *Inhale* to **draw the Jha-DA' Body toward you** and ***into*** the **"spaces between the atoms" of your physical body. Hold** at the "top of the Inhale", as your **Jha-DA' body "disappears within you**", and passes directly into the Transcendental Planes of the Aurora Continuum through the "spaces between your atoms". **Exhale slowly and gently**, using the Exhale to expand your awareness outward within your Jha-DA' Body in the Aurora Continuum.

7. Return to **gentle breathing**, with your conscious awareness focused within your Jha-DA' Body. Observe that you, AS your Jha-DA' Body, are now standing within an **Aurora Continuum Corridor** that is lit with dim, **Pale-Indigo Light. Mentally request that your Ah-JhU'-na GUIDES now come to meet you here.** Observe as **two bright-white Orbs** rapidly approach you and come to rest "**sitting on the floor beside you". Telepathically engage dialogue** with your Ah-JhU'-na Guides.

Technique-1/PART-B *The 33-Day Staah-LEi'yas Bio-filter Shift* ...***Intensive Application***

1. If you find yourself in a "seemingly nowhere state" during "Night-1: Aurora Continuum Time

Travel Technique-1 *"35-Step Long-Run" Version"* , **go to sleep as usual.**

2. On the ***next night*** **try again**. If you still have poor to no visual and sensual connection to the Aurora Continuum after the second try, again go to sleep as usual.

3. On the **next day, "Day-1",** utilize the "**Daily Self-Speak" Daytime Exercise** from the following *"EXERCISES to Enhance Visual -Sensual Connection to the Aurora-Continuum"* section.

4. On the evening of "Day-1", (to be considered your "**Night-1 Start**"), run the *Technique-1* ***"35-Step Long-Run" Version"*** one more time, (even if you are still experiencing poor to no visual and sensual connection to the Aurora Continuum), *immediately followed by* the "**Pre-Sleep AARR Auto-suggestion" Nightly Exercise** from the *"EXERCISES to Enhance Visual -Sensual Connection to the Aurora-Continuum"* section.

5. For **33-Consecutive Days and Nights**, continue using the above "daily and evening practice", using the *Technique-1* ***"7-Step Short-Run" Version"*** , followed by the "**Pre-Sleep AARR Auto-suggestion" Nightly Exercise** every night other than "*every 7th night*. On **every 7th night**, use the *Technique-1* ***"35-Step Long-Run" Version"***, instead of the *"7-Step Short-Run" Version"*.

6. Once or twice a week, at a time of day or evening not associated with your usual nightly sleep time, run the Technique-1 ***"35-Step Long-Run" Version*** "as a "**Sadhi Projection Meditation**".

EXERCISES to Enhance Visual -Sensual Connection to the Aurora-Continuum

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"Daily Self-Speak" Daytime Exercise.

At various times throughout the day, take "**A Few Moments of Mindfulness**" and focus upon **observing your *"Self-Speak***"; do you have a "habit" of "**telling yourself that you *can't* do something**" (such as have something you desire, or have inner vision, etc.)? . In these "*Mindfulness Moments*", choose to take responsibility for "catching yourself" when you fall into old, negative "self-speak" patterns, and empower yourself by **CORRECTING the negative idea/words with a positive/affirmative statement**, such as **" Maybe BEFORE I was unable, but I am becoming able to do it NOW!...YES I CAN!".** Such "self-created negative idea-filters" will begin to change and dissolve once you have put a quantum of energy behind the "new positive Self-Speak Corrections" that is greater than the cumulative energy quantum held be the old "negative Self-Speak pattern".

Before engaging your first "Mindfulness Moment" of the day, employ Aurora Continuum Time-Travel Technique-1 PART-A ***Ah-VE'-yas Breathing* "3-Step Short-Run" Version**, then breathe slowly and deeply while "turning your attentions inward" to observe the "Self Speak" that "runs semi-consciously in the background of your more apparent thoughts". If desired, you may use the "Ah-VE'-yas Breathing *3-Step Short-Run*" before your other "Mindfulness Moments" throughout the day, but it is important to use it at **least once**, ***before the first "Mindfulness Moment"***.

Note on "Self-Speak": "***Negative Self-Speak***", (which usually involves telling yourself that you ***can't*** do or have something you desire, then ***creating a host of reasons to justify why your limitation is so***,) creates a powerful **materialization-encryption** within the *Ah-VE'-yas Vibratory Water-gel Body*, which serves as a **filter** through which your organic "creation power" flows; thus YOU create the condition that you "can't". By **banning the word "CAN'T"** from your "*Self-speak" vocabulary*, and substituting for it "**YES, I CAN**" (even if you don't know how just yet, some part of you already DOES know how!), you give the Universe & God-Source "space to enter in and assist you" in co-creating what you desire, in "Divine Right Order and Timing". **Yes, YOU CAN, enter the Transcendent Jha-DA' State**, and the wonderful worlds of ascension that it opens; **Patience, Practice and *Positive Self-Speak*** are some of your greatest tools to actualizing this objective.

Ideally, you will use this exercise daily, until it becomes a **natural "self-check habit"**, that you can use at any time, to **gain clarity**, to "**shift yourself to a more positive space**" and to "**get out of your own way**" in creating what you desire, including Jha-DA' Body projection.

"Pre-sleep AARR Auto-Suggestion" Nightly Exercise

On "Night-1" of your "*33-Day Staah-Lei-'yas Bio-filter Shift and Edonic Awakening*-***Intensive Application,*** use Aurora Continuum Time-Travel Technique-1 ***"35-Step Long-Run" Version",*** immediately followed by this "**Pre-Sleep AARR Auto-suggestion" Nightly Exercise**. Then go to sleep as usual. (Note: Keep a notebook and pen, or recorder, by the bed, in easy reach, for the next morning).

Just prior to sleep, following use of the *"35-Step Long-Run" Version*, simply give yourself the "**auto-suggestion**" ***"I will be awake and aware in the dream state, and I will remember, and record what I remember, upon awakening";*****(for "short"- AARR- "Awake-Aware-Remember-Record"), then *go to sleep as usual.*** The next morning, **immediately upon awakening,** with as little movement of your physical body as possible, **write down, or speak into a recorder**, whatever "snippets", "feelings", impressions or sequences of **"Dream Memory**" that may surface from the previous night's Aurora Continuum excursions.

Note on "Dream" Recall: "*Nightmares*" or "*bad or disturbing dream content"* indicates that you are "*anchoring into conscious remembrance and activating in your DNA/RNA/EGO*", **either** portions of your own personal "mental body, sub-conscious mind or simultaneous-incarnational ***processing***", and/or memory of activities taking place within various regions of the chaotically structured *inorganic planes* of the planetary and galactic fields. **BEHIND and BEYOND** this *chaotic environment* exist the Peaceful, Calming and Enlightening activities that take place within the *Krystic Aurora Continuum*. With **practice** in "*Entering the Aurora Continuum*" you will be able to progressively free yourself from the inorganic *Bio-filters* through which the "*Planes of Chaos*" anchor into your "dream state", waking memory and hologram via the

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DNA/RNA/EGO, and you will become progressively able to **consciously remember and participate in** activities taking place within the **Aurora Continuum** and within the many Krystic Worlds of the Eternal Life Cosmos.

"The Sadhi Projection Meditation" Exercise

Once or twice a week, at a time of day or evening not associated with your usual nightly sleep time, run the **Technique-1 *"35-Step Long-Run" Version*** "as a "**Sadhi Projection Meditation**". You will be more refreshed and energetic, and less tired, when engaging the technique as a "conscious meditation" placed well before your usual sleep-time, which can help you in remaining "awake and aware" through the "consciousness shift" into the Jha-DA' Body. The faster you can achieve conscious shift into, and clear memory of, the Aurora Continuum Jha-DA' State, the faster your neuro-networks and DNA/RNA/EGO will activate to engage the Probability-6 *Aurora Continuum Biological Frequency Platforms*. On days when you use the Technique-1 *"35-Step Long-Run" Version"* as a "*Sadhi Projection Meditation*", use the Technique-1 *"7-Step Short-Run" Version"* , with the "*Pre-sleep AARR Auto-Suggestion" Nightly Exercise* for your **pre-sleep technique application**.

Aurora Continuum Time-Travel Technique-1-The 33-Day Staah-LEi'-yas Bio-filter Shift & Edonic Awakening

Technique Scheduling Summary

The 33-Day Staah-LEi'-yas Bio-filter Shift & Edonic Awakening—GENERAL APPLICATION (to use if you have **MODERATE to GOOD visual and sensual connection** to the Aurora Continuum Corridor space, during initial Night-1 Technique-1 *"35-Step Long-Run" Version.* **Note:** If desired, you may use the "***Intensive Application***", in *replace of,* or *used intermittently with*, the "*General Application*", to expedite "Bio-filter Shift" into the Probability-6 Field and transmutation of Shona-Finite-Light-Atoms to Sha-LA'-ea-Living-Light-Atoms, and to amplify neuro-network / DNA/RNA/EGO activation and conscious engagement with Probability-6 *Aurora Continuum Biological Frequency Platforms.)*

*** Night-1:** Aurora Continuum Time-Travel Technique-1 ***"35-Step Long-Run" Version*** (Includes, PART-A *Ah-VE'-yas Breathing*, *"12-Step Long- Run" Version* **immediately followed by** PART-B *Engaging the Jha-DA' Body; Slide-1 Bi-location into the Aurora Continuum "23-Step Long-Run" Version".*)

*** Nights-2 thru-33:** Aurora Continuum Time-Travel Technique-1 ***"7-Step Short-Run" Version***

(Includes Technique-1 PARTS-A & B Consolidated Steps)

* **At Least Once Daily:** Aurora Continuum Time-Travel Technique-1 PART-A *Ah-VE'-yas Breathing* **"3-step Short-Run" Version** (PART-A Steps 10-11-12), run independently from nightly Technique or Sadhi Projection Meditation practice, to expedite and amplify transmutation of Probability-4 Sho-na Finite-Light-Atoms into Probability-6 Sha-LA'-a-Living-Light-Atoms, through consistent re-connection of the atomic body to the *Ah-VE'-yas Vibratory Water-gel Body* of the Aurora Continuum.

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* **Optional: Once or twice a week,** at a time of day or evening not associated with your usual nightly sleep time,

run the Technique-1 ***"35-Step Long-Run" Version*** "as a "**Sadhi Projection Meditation**".

The 33-Day Staah-LEi-'yas Bio-filter Shift & Edonic Awakening--- ***INTENSIVE APPLICATION*** (to use if you have **POOR to NO visual and sensual connection** to the Aurora Continuum Corridor space, during and after initial Night-1 and "second-try" usage of Technique-1 "35-Step Long-Run" Version).

* **Day 1-33:** Use the "**Daily Self-Speak" Daytime Exercise** from the *"EXERCISES to Enhance Visual -Sensual Connection to the Aurora-Continuum"* section. (Includes Aurora Continuum Time-Travel Technique-1 PART-A *Ah-VE'-yas Breathing* **"3-step Short-Run" Version.)**

* **Night-1:** Use *Technique-1 "**35-Step Long-Run" Version**", immediately followed by* the **"Pre-Sleep AARR Auto-suggestion" Nightly Exercise** from the *"EXERCISES to Enhance Visual -Sensual Connection to the Aurora-Continuum"* section.

* **33-Consecutive Days and Nights**, continue using the above "daily and evening practice", using the *Technique-1 "**7-Step Short-Run" Version**"* , followed by the "**Pre-Sleep AARR Auto-suggestion" Nightly Exercise** every night other than *"every 7th night"*. On **every 7th night**, use the *Technique-1 **"35-Step Long-Run" Version**"*, instead of the *"7-Step Short-Run" Version"*.

* **Once or twice a week**, at a time of day or evening not associated with your usual nightly sleep time, run the

Technique-1 ***"35-Step Long-Run" Version*** "as a "**Sadhi Projection Meditation**

Maintenance and Progression: Once the "**33-Consecutive-Nights"** of the ***"Probability Co-ordinate Alignment Phase***" have been accomplished, the activated Aurora Continuum Biological Frequency Platforms can be ***sustained and progressively enhanced thereafter*** through use of the "***7-Step Short-Run" Version 3 times per week*** **prior to sleep, AND** use of the ***"35-Step Long-Run" Version*** *(technique-1-PARTS A &-B)* prior to sleep ***once every 33 days*****. Eventually, *with consistent practice,*** (time period different for each individual), *Jha-DA' Body projection* into the *Aurora Continuum* (and "elsewhere"),will occur ***instantaneously,*** **with simple A. *"thought-intention"*, B. an *Ah-VE'-yas Breath Inhale*** into the "spaces between your atoms", to lock onto your Jha-DA' Body, and **C.** an ***Ah-VE'-yas Breath Exhale"*** to expand your Jha-DA' Body out into the Aurora Continuum (or wherever you desire.).

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